

galicia

the way of Saint James



XUNTA DE GALICIA

IMPORTANT NOTICE

With the aim of promoting its tourism products, Turismo de Galicia carried out an open tender procedure (arm's length principle) aimed especially at travel agencies.

The itineraries included in this brochure are the outcome of the package holiday proposals created by the winning agency.

Galicia's Ways

The Camino de Santiago, or Way of Saint James, is the Europe's oldest pilgrimage route and also the most travelled. We propose seven different and unique experiences along the seven historic itineraries that make up The Way. But we will discover them in an unusual manner: by bike, on a 4x4, on horseback, on a catamaran, and on foot.

We will be crossing small mountain hamlets, villages overflowing with history and fishing towns. Along the way we will taste Galicia's cuisine accompanied by its excellent wines, we will relax in thermae, stroll along endless wild beaches and witness the many unusual phenomena that the natural landscape has to offer.

In Santiago pleasant surprises await us. In the square known as Praza do Obradoiro we will marvel at the cathedral's fascinating façade, while inside we will discover its hidden treasures and carry out all the traditional rites. From the rooftop we will have the whole city at an arm's reach. We will discover its old quarter and go tapas-dining and wine-drinking along its most typical streets. We will become immersed in the smells and flavours of the Fresh Produce Market, or "Mercado de Abastos", and we will discover a wealth of natural areas.

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PHOTOGRAPHY

Turgalicia Archive

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LEGAL DEPOSIT

xxxx





1 The Route to Fisterra by bike

A bike tour along the only Way of Saint James route that begins in Santiago de Compostela. It ends in Fisterra, at the place that pilgrims considered to be the “end of the world”, while they witnessed the spectacle of the Sun sinking into the Atlantic Ocean. This is a route to enjoy the landscape, the artistic heritage, the gastronomy and the sea.

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2 The Northern Route in a 4x4

This is the route with most historic content. The adventure in a 4x4 sets off in Ribadeo. Mountain surroundings, valleys, rivers and a great variety of flora and fauna will accompany us on our journey all the way to the city of Santiago.

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4 The English Way on a sail boat and on a mountain bike

This is one of the most travelled Saint James Way routes that was used in medieval times to get to Santiago de Compostela. From Cedeira, where we will see the highest cliffs in Europe and will visit Santo André de Teixido, we will sail to Ferrol. And from there we will continue the journey to Santiago by bike.

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5 The Portuguese and the Way of Saint James by boat

This week-long adventure begins in Tui. At O Grove we will go on board a catamaran to travel the sea-river route along the Ria of Arousa and river Ulla, paying homage to the arrival in Galicia of the Apostle Saint James' body. From Padrón, we will continue The Way to Santiago.

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6 The Primitive Way in a 4x4

The greatest part of this itinerary is above a height of 800 metres, and continually goes uphill and downhill. But the harshness of the trail is compensated by the beauty of the landscape, for it is surrounded by nature, crossing forests, mountains, rivers, streams, farm fields and charming hamlets.

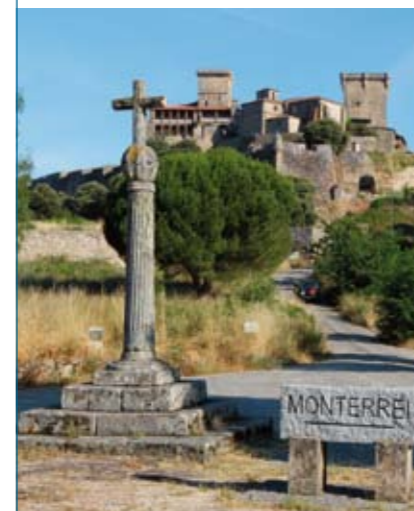
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3 The French Way on horseback

This is the most famous of the Saint James Ways, a Cultural European Itinerary and World Heritage Site that offers us an exciting week-long experience on horseback. From the village of O Cebreiro, of prehistoric origin, we will pass through numerous sites that will reveal their most treasured wealth to us.

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7 Wine-drinking along the Vía da Prata

For a whole week we will enjoy a fascinating landscape that is decorated with medieval bridges, churches, monasteries, fortresses and *pazos* (stone manor houses). We will cross wine-growing lands, we will visit the region's wineries and taste wines and we will relax at one of its spas.

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The way of Saint James

experiences



- TOLL MOTORWAY
- MOTORWAY
- HIGH-CAPACITY NETWORK
- NATIONAL ROAD NETWORK
- BASIC AND COMPLEMENTARY REGIONAL NETWORK
- REGIONAL ROAD NETWORK
- BROAD-GAUGE TRACK
- NARROW-GAUGE TRACK
- NATIONAL/NATURE PARKS

1 EXPERIENCE The Route to Fisterra by bike

- day 1 | Santiago de Compostela
- day 2 | Santiago de Compostela – Ames – Negreira – Mazaricos – Dumbría
- day 3 | Dumbría – Cee – Corcubión – Fisterra
- day 4 | Fisterra

2 EXPERIENCE The Northern Route in a 4x4

- day 1 | Ribadeo – Mondoñedo – Vilalba
- day 2 | Vilalba – Guitiriz – Curtis – Sobrado dos Monxes – Arzúa
- day 3 | Arzúa – O Pino – Santiago de Compostela
- day 4 | Santiago de Compostela
- day 5 | Santiago de Compostela

3 EXPERIENCE The French Way on horseback

- day 1 | Pedrafita do Cebreiro
- day 2 | Pedrafita do Cebreiro – Triacastela – Samos
- day 3 | Samos – Sarria – Paradelas – Portomarín
- day 4 | Portomarín – Monterroso – Palas de Rei
- day 5 | Palas de Rei – Melide – Arzúa
- day 6 | Arzúa – O Pino – Santiago de Compostela
- day 7 | Santiago de Compostela
- day 8 | Santiago de Compostela

4 EXPERIENCE The English Way in a sailboat and on a mountain bike

- day 1 | Cedeira – Valdoviño – Ferrol
- day 2 | Ferrol – Narón – Neda – Fene – Cabanas – Pontedeume – Miño
- day 3 | Miño – Paderne – Betanzos – Abegondo – Mesía – Ordes
- day 4 | Ordes – Oroso – Santiago de Compostela

5 EXPERIENCE The Portuguese Way and The Way of Saint James by boat

- day 1 | Tui
- day 2 | Tui – O Porriño – Mos – Redondela
- day 3 | Redondela – Soutomaior – Pontevedra – Poio
- day 4 | Poio – O Grove – Ría de Arousa y río Ulla – Pontecureses – Padrón – Caldas de Reis – Padrón
- day 5 | Padrón – Teo – Brión – Teo – Ames – Santiago de Compostela
- day 6 | Santiago de Compostela
- day 7 | Santiago de Compostela

6 EXPERIENCE The Primitive Way in a 4x4

- day 1 | A Fonsagrada – Baleira – Begonte – Friol – Guitiriz – Curtis – Sobrado dos Monxes – Arzúa
- day 2 | Arzúa – O Pino – Santiago de Compostela
- day 3 | Santiago de Compostela
- day 4 | Santiago de Compostela

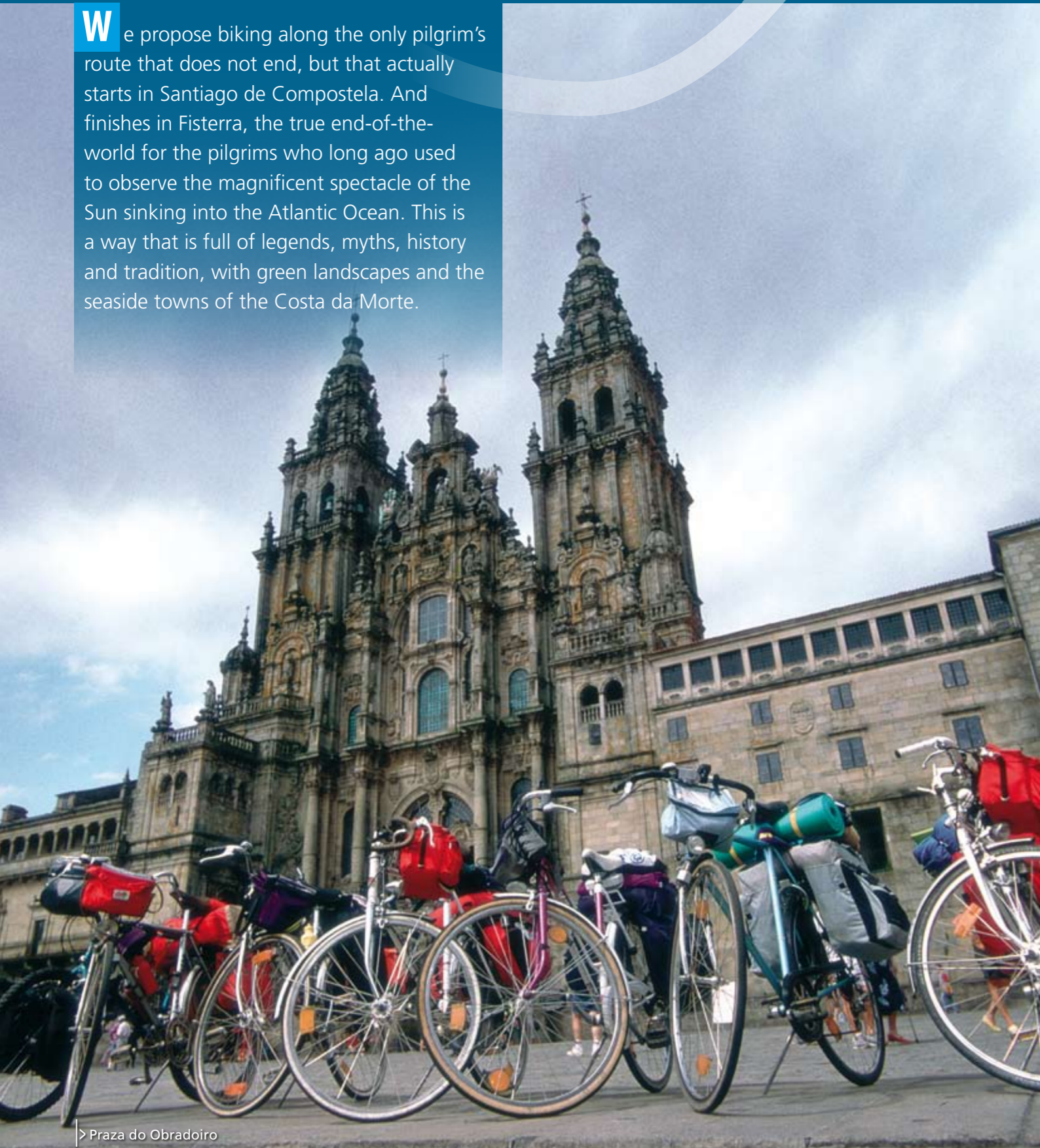
7 EXPERIENCE Wine-drinking along the Vía da Prata

- day 1 | Verín – Monterrei – Verín
- day 2 | Trasmiras – Xinzo de Limia – Verín
- day 3 | Xinzo de Limia – Sandiás – Allariz – Ourense – Cenlle
- day 4 | Amoeiro – Vilamarín – San Cristovo de Ceia – Ribadavia – Leiro – Cenlle
- day 5 | San Cristovo de Ceia – Dozón – Vila de Cruces
- day 6 | Boqueixón – Santiago de Compostela
- day 7 | Santiago de Compostela

The Route to Fisterra by bike



We propose biking along the only pilgrim's route that does not end, but that actually starts in Santiago de Compostela. And finishes in Fisterra, the true end-of-the-world for the pilgrims who long ago used to observe the magnificent spectacle of the Sun sinking into the Atlantic Ocean. This is a way that is full of legends, myths, history and tradition, with green landscapes and the seaside towns of the Costa da Morte.



Praza do Obradoiro

START_	Santiago de Compostela	FURTHER INFORMATION_	→ Cathedral of Santiago: www.catedraldesantiago.es
END_	Fisterra		→ Hostel of Santiago de Oliveiroa. Tel_ 658 045 242
DAYS_	4		→ Fisterra Pilgrim's Hostel. Tel_ 981 740 781
			→ Castle of San Carlos. Fisterra Fishing Museum open from 10:30am-1:30pm and from 4:00pm-7:00pm



EXPERIENCE



- day 1|
Santiago de Compostela
 1_ Praza do Obradoiro - square
 2_ Cathedral
 3_ Old quarter
 4_ Rúa do Franco and A Raíña - streets
- day 2|
Santiago de Compostela
 1_ Praza do Obradoiro - square
 5_ Convent of San Lourenzo de Trasouto
 6_ River Sarela
Ames
 7_ Village of Augapesada
 8_ A Ponte Maceira
 9_ Pazo da Chancela - stone manor house
Negreira
 10_ Pazo de Cotón stone manor house and chapel of San Mauro
 11_ Bridge over the river Barcala

- Mazaricos**
 12_ Raised stone granaries of As Maroñas
- Dumbria**
 13_ Village of Ponte Oliveira
 14_ Parish of Oliveiroa
- day 3|
Dumbria
 15_ Village of Hospital
 16_ Sanctuary of As Neves
Cee
 17_ Chapel of San Pedro Mártir
 18_ Stone cross of A Armada
 19_ Town of Cee
Corcubión
 20_ Church of San Marcos
 21_ Seafront boulevard
 22_ Beach of Quenxe
 23_ Hamlets of Vilar - Amarela – Estorde – Sardiñeiro

- Fisterra**
 24_ Beach of Langosteira
 25_ Neighbourhood of San Roque
 26_ Cross of Baixar
 27_ Public hostel
 28_ Church of Santa María das Areas
 29_ The Siren
 30_ Lighthouse
 31_ Port
 32_ Fish market
- day 4|
Fisterra
 33_ Castle of San Carlos



The Pórtico da Gloria, sculpted by Master Mateo, is a masterpiece of Spanish Romanesque

> Pórtico da Gloria

| day 1 |

Santiago as the starting point

We suggest arriving in Santiago de Compostela in the evening. The city, open and hospitable, offers all types of lodging: hostels, charming country hotels, inns or lodging houses. The jewel is the state-owned hotel **Parador Hostal dos Reis Católicos**.

Visiting the cathedral is a must

Our first encounter with the cathedral from the square known as **Praza do Obradoiro** is very exciting. The square is given this name because it was under construction for almost 100 years and it was here where the quarrymen who chopped rocks day in day out had their workshops (*obradoiros*). It is thanks to them that today we can marvel at the majestic Baroque facade, built between the 17th and 18th centuries, presided by the figure of the Apostle Saint James, wearing a pilgrim's robe and cape and holding a staff.

The Apostle is represented in each of the buildings that surround the square. You can see him portrayed as a

warrior mounting his white horse, as the Apostle or as Saint James the Pilgrim. In order to find him you must look closely at the neoclassical facade of the **Pazo de Raxoi**, the facade of the **Hostal dos Reis Católicos** and the facade of the **Pazo de San Xerome**.

To discover the interior of the temple we will climb its magnificent staircase, which is in fact two, one inside the other. As we enter we first see the famous **Pórtico da Gloria**, a masterpiece of Spanish Romanesque carved by Master Mateo. It consists of three arches, whose sculptures symbolically represent the heavenly Jerusalem.

The Apostle Saint James can be found again in the central marble column, where the genealogy of Christ is represented and, halfway up, the hand prints of the pilgrims that traditionally leaned on this pillar can be seen. One of the most typical rituals is **embracing the Apostle** in the shrine of the Main Altar. After this ritual we will then stop before its relics, kept in a silver urn, inside the **crypt**.

A stroll through Santiago's old quarter

We recommend you devote the rest of the afternoon to explore the historic centre of Santiago, declared World Heritage Site. Let the art of the stones surprise you. After observing the façades and squares around the cathedral, you will be captivated by the streets of medieval origin, such as Rúa Nova and Rúa do Vilar, Preguntoiro, Algalias (de Arriba and de Abaixo) or Casas Reais. And you will also discover the charm of squares such as Toural or Cervantes.

Tapas dining along the Rúa do Franco and A Raiña

As this is your first night in Santiago, we suggest that for dinner you choose the typical Galician helpings. This is a good way to enjoy a bit of all the essential dishes of the Galician cuisine, such as octopus cooked *feira* style, stewed meat (*ao caldeiro*), Galician pie (*empanada*), thinly sliced seasoned meat (*raxo*), sausage filling (*zorza*), pig's ear; shellfish from the Galician rias, such as mussels, cockles and clams; or seasonal products such as Padrón green peppers or *xoubas* (small sardines). You can try all these delicacies in the many taverns and restaurants located in the old quarter. The Rúa do Franco and Raiña streets house the majority of these establishments.



> Plaza de Cervantes

From Santiago to Dumbría

We have breakfast at the hotel and set off early on our bikes, either our own or rented, to begin as soon as possible the only pilgrim's route that starts in Compostela. This pilgrimage dates back to the early stages of the Way of Saint James, when pilgrims felt the need to continue all the way to Fisterra, to the "Finis Terrae", the most western point of the world known to them.

We leave the Praza do Obradoiro and head to the town of Ames

The itinerary begins at the Praza do Obradoiro square. Between Pazo de Raxoi and the Hostal dos Reis Católicos, where the ancient **Pilgrim's Gate** was located, the trail goes downhill along streets such as Rúa das Hortas and continues through Poza de Bar and San Lourenzo, finally reaching a beautiful hundred-year-old oak grove, which Rosalía de Castro immortalized in her work *Follas Novas*. Behind it, the ancient **convent of San Lourenzo de Trasouto** is located, of important artistic and botanical value. The cloister houses a large and lovely hundred-year-old boxwood hedge, carved with geometric patterns of religious symbolism.

We then go down toward the **river Sarela**, where green begins to take over the stone. We travel along the pathway by the riverbank, crossing narrow boardwalks. We then cross small rural towns, forests and hills until we reach the main road to later head down to **Augapesada**, in the municipality of Ames.

The unique beauty of the village of A Ponte Maceira

We soon begin climbing up to the summit of Mar de Ovellas, where we can stop to contemplate the valley of A Maía. Then down to A Ponte Maceira, one of the most interesting points along this stretch. It is a monument ensemble whose key element is the **bridge over the river Tambre**, dating from the 13th century. The early settlement also stands out, together with the mill, the reservoir, the chapel and the modern Galician-style manor house, or *pazo*.

On the other side of the bridge we follow the course of the river along a cobbled path and we come across the **Pazo da Chancela**. It is surrounded by an oak grove and part of it is open to visitors, so we can get a closer look. Pay attention to its coat of arms, that shows a broken bridge. It represents the bridge that, according to the legend, fell and stopped the Roman soldiers who were chasing Theodore and Athanasius, disciples of Santiago, as they returned after requesting the Roman legacy at Fisterra for authorization to bury the Apostle.



> San Lourenzo de Trasouto

We stop for lunch in Negreira, famous for its meat

We go down to Negreira, which has a wide range of accommodation. We cross the town's main street passing below one of the three arches that support the crenellated and balustraded gallery that connects **Pazo de Cotón** with the **chapel of San Mauro**, from the 17th and 18th centuries respectively. We can take a closer look at its twelve shields after having had a bite to eat and a rest. The area is famous for its livestock and dairy activity, so we suggest that you choose a dish of roast veal or farmhouse chicken, typical of the area.

The day ends in Dumbría

We leave Negreira crossing a small bridge over the **river Barcala**. The route concurs with some stretches of the Royal Road of Fisterra. Here we find interesting examples of popular architecture, such as the ensemble of **raised stone granaries of As Maroñas**, in the municipality of **Mazaricos**.

At certain times the Way runs along areas of high plateau, providing excellent views. From the foothills of Monte Aro we can see part of the river Xallas, its reservoir and valleys. We arrive at **Ponte Olveira**, whose medieval bridge welcomes us to the municipality of Dumbría. We end the day in the parish of **Olveiroa**. Next to the hostel there are several accommodations to dine in while we chat about the stage that we have just completed and get our strength back.



> A Ponte Maceira

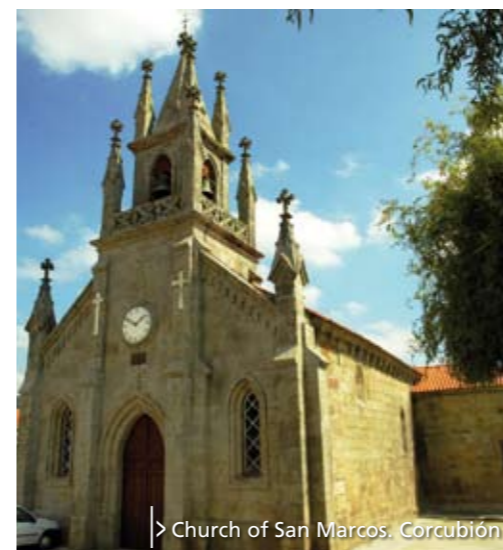
From Dumbría to Fisterra

After a nice breakfast we leave Olveiroa and soon reach the nearby village of **Hospital**, where the Way forks towards Muxía and Fisterra. We take the road to Fisterra and soon get to the **Sanctuary of As Neves** and then to the popular **shrine of San Pedro Mártir**, that has a “miraculous” fountain that is said to cure a number of illnesses.

From here the road goes uphill. At the top, next to the stone cross of **Cruceiro da Armada**, we can, for the first time, look towards the still faraway Fisterra, bathed by the Atlantic. The road then goes down to **Cee**, a typically seaside town, that we enter through Campo de Sacramento and Rúa da Magdalena.



> Corcubión



> Church of San Marcos, Corcubión



> Cruceiro (stone cross) in Fisterra



At the public hostel we will receive the “Fisterrana”, the credential that certifies our pilgrimage to Fisterra

> Aerial view of Corcubión and Cee

In Corcubión we can go to the beach for a swim

From Cee we can get a glimpse of our next destination, Corcubión, declared a Historic-Artistic site because of its manor houses and its popular fishing town architecture. As we enter the town we find the **church of San Marcos**, a good example of “maritime-gothic” and neo-gothic architecture, declared **Cultural Interest Site**.

We encourage you to stop pedalling and thoroughly enjoy a tour along the **seafront promenade**, with its beautiful houses with spacious galleries and balconies overlooking the estuary. Along the promenade there are bars where you can taste delicious tapas. And weather permitting you can even go for a dip in the **beach of Quenxe**, across the villa.

We arrive in Fisterra, our journey's destination

After dessert and a rest we set off again towards Fisterra, which is now quite close. After passing through the villages of **Vilar, Amarela, Estorde** and **Sardiñeiro** we say goodbye to Corcubión from a lookout point that gives us a view of Fisterra and its cape. We get there after skirting the dune formations of the long and beautiful **beach of Langosteira** for approximately two kilometres. Although the road runs parallel to the dunes, we recommend that you walk this stretch of beach, as pilgrims usually do.

We enter the seaside village of Fisterra through the **quarter of San Roque**. We pass by **Cruz de Baixar**, the century-old stone cross that bears a carving of Christ on one side and a carving of the Virgin Mary with the infant Jesus on the other. Next to it we have a beautiful view of the Dunes of Langosteira. We then go down Catalina street and A Real, where the **public hostel** is located and where we can request the “Fisterrana”, the credential that certifies our pilgrimage to this villa.

The church of Santa María das Areas, focus of Fisterra's Way of Saint James

The route ends at the lighthouse. On the road that leads to it, we find the church of Santa María das Areas, epicentre of the Way of Saint James tradition of Fisterra. A beautiful archway, which is believed to have been part of the medieval pilgrims hospital, no longer standing, welcomes us into the temple.

Here the **venerable Holy Christ of Fisterra** shines with a light of its own. This gothic carving is surrounded by legends, for it is said that it washed upon the coast after falling from a boat into the sea during a storm. At Easter the Festivity of the Holy Christ (Festa do Santo Cristo) is held and it has been declared Galician Festival of Tourist Interest.

Camino del Cabo, The Cape Trail (Camiño do Cabo), from where the Romans watched the Sun set into the sea

After the visit we continue uphill along the same road. Halfway up we come across the medieval sculpture of a pilgrim. Farther on, the zero kilometre marker welcomes us to the lighthouse's surroundings. At the entrance we are received by **The Siren**, a building from the end of 19th century and used for tourism purposes, where credentials are sealed, statistics are gathered and where we can get all the information we need.

We are in the place where ancient Greek-Roman geographers located the *Promontorium Nerium* or *Ara Solis*, an altar to worship the Sun, built by the Phoenicians and which according to the legend, the Apostle Saint James destroyed shortly after his arrival. Here the Romans and the earlier inhabitants approached the "end of the world" to attend the amazing spectacle of watching the sun sink into the ocean.

Dinner in the port area

We recommend dining in the area of the **port of Fisterra**, the town's busiest point. Its restaurants prepare fresh season seafood from the boats that dock here.

Then we can visit the **fish market**, a modern blue aluminium and glass building that is easy to find. We can enter it, for it is prepared to receive tourists. And as for accommodation, Fisterra has a wide offer that includes inns, hotels – both charming and rustic –, hostels and lodging houses.

| day 4 |

We say farewell to Fisterra with a visit to its castle

The **castle of San Carlos** can be reached by following the port road, along the Paseo Corveiro. It is a castle-fortress built in the 18th century, although it was rebuilt after it was burnt and partially destroyed when the French attacked Fisterra during the War of Independence. It houses the **Fishing Museum**. After the visit we suggest heading to Santiago de Compostela, as its excellent services and communications network makes the way back much simpler.



> Santa María das Areas. Fisterra



> Interior of Santo Cristo. Fisterra



> Lighthouse in Cape Fisterra

The North Way in a 4x4

What could beat spending five thrilling days on a 4x4? We will still be in the surroundings of the Northern Route towards Santiago de Compostela and will visit the landmarks that can be found along this route, which begins in the first Galician village of the Bay of Biscay: Ribadeo. Mountain landscapes and a Biosphere Reserve offer scenery and flora and fauna with tremendous environmental value. The wading of the rivers, watercourses and other landforms will test the skill of the drivers and will offer experiences that are both exciting and educational.

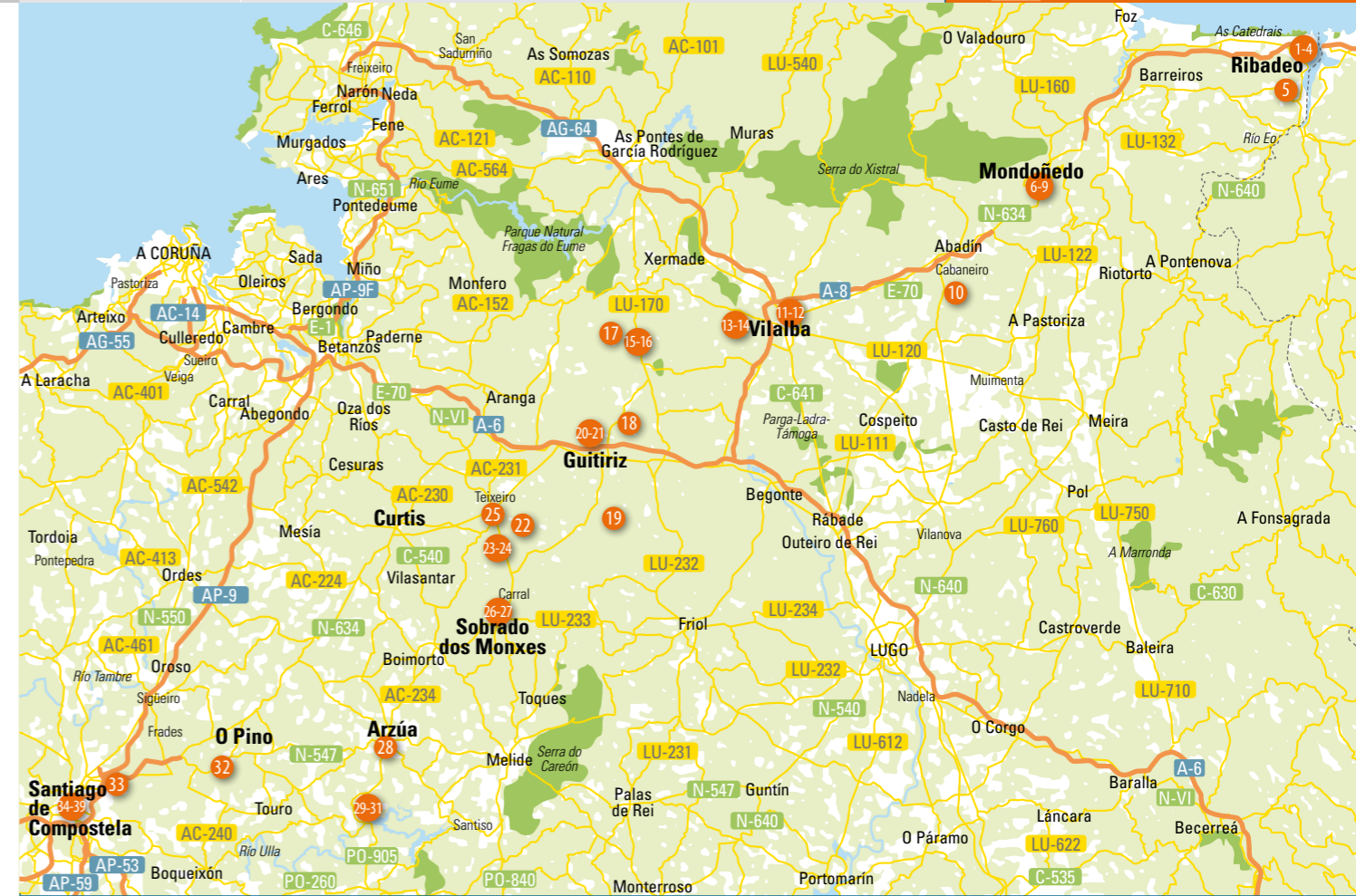


START_ Ribadeo
 END_ Santiago de Compostela
 DAYS_ 5

FURTHER INFORMATION_
 → State-owned hotel Parador Torre dos Andrade (Vilalba). Tel_ **982 510 011** / www.parador.es/es/parador-de-vilalba
 → Museo Vivente do Mel (Live Honey Museum) (Arzúa). Tel_ **981 508 072** / www.abelleiro.com
 → Cathedral of Santiago_ www.catedraldesantiago.es
 → Santiago Fresh Produce Market_ www.mercadodeabastosdesantiago.com



EXPERIENCE



- day 1|
Ribadeo
 1_ The town of Ribadeo
 2_ Park of O Cargadeiro
 3_ Pazo de Ibáñez (stone manor house) and Torre dos Moreno (tower)
 4_ Rúa de San Roque (street)
 5_ Villages of Vilaosende, As Anzas, O Valín, Covelas, Ferreiras and O Castro
Mondoñedo
 6_ Cathedral-basilica of A Asunción
 7_ Seminar of Santa Catarina
 8_ Hospital de San Paulo
 9_ Sanctuary of Os Remedios
 10_ Villages of Curros, Miravales, A Valiña, Monte Maior, Suarriba, Penas, Fabás, O Areal and A Moura
Vilalba
 11_ Old quarter
 12_ Parador Torre dos Andrade (state-owned hotel)

- day 2|
Vilalba
 13_ Bustelo
 14_ Ponte de Meire (bridge)
Guitiriz
 15_ Xestoselo
 16_ O Vilariño
 17_ Saa
 18_ Leisure area of San Xoán
 19_ Mountain range of Cova da Serpe
 20_ O Sanguineido
 21_ Pardiñas
Curtis
 22_ A Pedreira
 23_ Foxado
 24_ A Baiúca
 25_ Teixeira
Sobrado dos Monxes
 26_ Monastery of Santa María de Sobrado
 27_ Lagoon of Sobrado
Arzúa
 28_ Town of Arzúa

- day 3|
Arzúa
 29_ Fervenza das Hortas (waterfall)
 30_ Museo Vivente do Mel (Live Honey Museum)
 31_ Portodemouros reservoir
O Pino
 32_ Pedrouzo
Santiago de Compostela
 33_ Monte do Gozo (hill)
 34_ Old quarter
- day 4|
Santiago de Compostela
 35_ Cathedral
 36_ Rúa do Franco and A Raíña (streets)
 37_ Alameda (tree-lined boulevard)
 38_ Park of San Domingos de Bonaval
- day 5|
Santiago de Compostela
 39_ Fresh Produce Market

| day 1 |

The adventure starts in Ribadeo

Ribadeo is a town in the province of Lugo and a strategic and tourist locality on the Galician Bay of Biscay, separated from Asturias by the narrow and sheltered estuary, or ria, of Ribadeo. We recommend arriving at the town the day before and lodge at any of the hotels, lodging houses, rural houses or apartments from the wide range of accommodation offered in the town, that can be accessed from the Autovía del Cantábrico motorway (A-8), the N-634 and N-640 roads.

The town lies on the mouth of the river Eo by the sea and its port is important for the Way of Saint James. If you are an early riser, in the **park of O Cargadeiro**, to the north of the **bridge of Os Santos**, you can enjoy a spectacular view of the town with the **lighthouse of Illa Pancha** in the background.

The town is a historic-artistic ensemble and its emblem is the 18th-20th century civil architecture. The centre of the town boasts the best examples, such as the neoclassical stone palace **Pazo de Ibáñez**, which today houses the Town Hall. And, across from it, the Tower of Os Moreno, a modernist style building, and one of Ribadeo's most representative ones. Two blocks away we can also see the Colonial style houses that line the street Rúa de San Roque.

The mudflats will test the driver's skills

If you have booked a package holiday, at mid-morning you will be met by your guide and 4x4 driver. From Ribadeo we will pass the villages of **Vilaosende, As Anzas, O Valín, Covelas, Ferreiras, Curros** and **O Castro**. The route runs along tracks that are suitable for this type of vehicle.

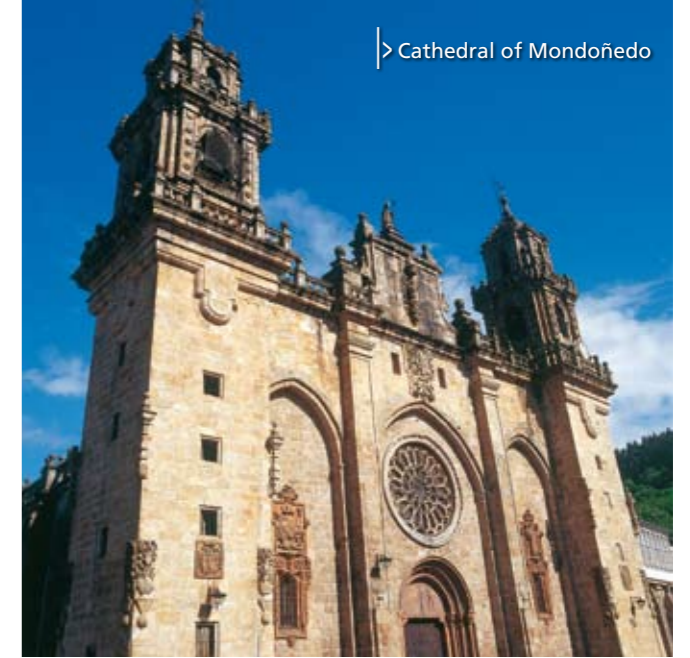
The route begins among landscapes of large green meadows, pastures and farming fields with plenty of cattle and sheep. But little by little the trail becomes steeper, while we drive parallel to the coast, with fantastic views of the Bay of Biscay and the sandy **beaches of Reinante**.

As we move away from the coast, the meadows give way to forest areas and the domestic fauna is replaced by the wild. In this part, the mudflats will test the skill of the driver at the wheel if the vehicle gets stuck. This circumstance will give us the opportunity to learn and practice the self-rescue techniques mastered by the experts who accompany us. After the exciting experience we continue our journey until we find the ideal place where to stop and savour our picnic lunch in typical countryside surroundings.

We should keep in mind that we are in the territory of the **Biosphere Reserve of the River Eo, Oscos and Terras de Burón**, with an important environmental and landscape value, that in Galicia is focused around the river basins of the Eo and Miño.

Towards the historic city of Mondoñedo

After a rest we set off for Mondoñedo, a historic city on the Northern Route and one of the seven former capitals of Galicia. We should try to get there early in the afternoon to discover its architectural and artistic wealth, that is very well preserved. The **cathedral-basilica of A Asunción**, a National Monument, is the emblem of its historical past as an Episcopal city. Inside, it is surprising the way the light is tinted by an array of colours as it passes through the stained-glass ogive arch windows that decorate its 14th century façade. During our tour we will discover other valuable buildings such as the **seminar of Santa Catarina**, the **hospital of San Paulo** or the **Sanctuary of Os Remedios**, among others.



> Tower of Os Moreno. Ribadeo



> Mondoñedo



> Ribadeo



> Ribadeo

In Vilalba we taste its typical smoked cheese

After the visit we climb back into the 4x4 to go travel other unpaved tracks with very interesting landscapes. The itinerary is as follows: from Mondoñedo we return to **Curros** and then head towards **Miravales** and, in **A Valiña**, drive up to **Monte Maior**. After **Suarriba** we go down to **Penas** and pass through **Fabás**, **O Areal** and **A Moura**. From here we head towards Vilalba, capital of A Terra Chá, where we will arrive at dinner time.

We recommend you to eat tapas at the inns, taverns and bars in the old quarter and that you taste their excellent products, such as the fantastic smoked cheese with Denomination of Origin San Simon da Costa. And do not let the **Tower of Os Andrade** out of your sight, as it is the symbol of the villa, now a Parador (state-owned hotel), which is part of the city's offer of quality hotels.



> State-owned hotel Parador de Vilalba



> Mountain range A Cova da Serpe

In the mountain range of Cova da Serpe we can see rabbits, squirrels, shrews and even falcons

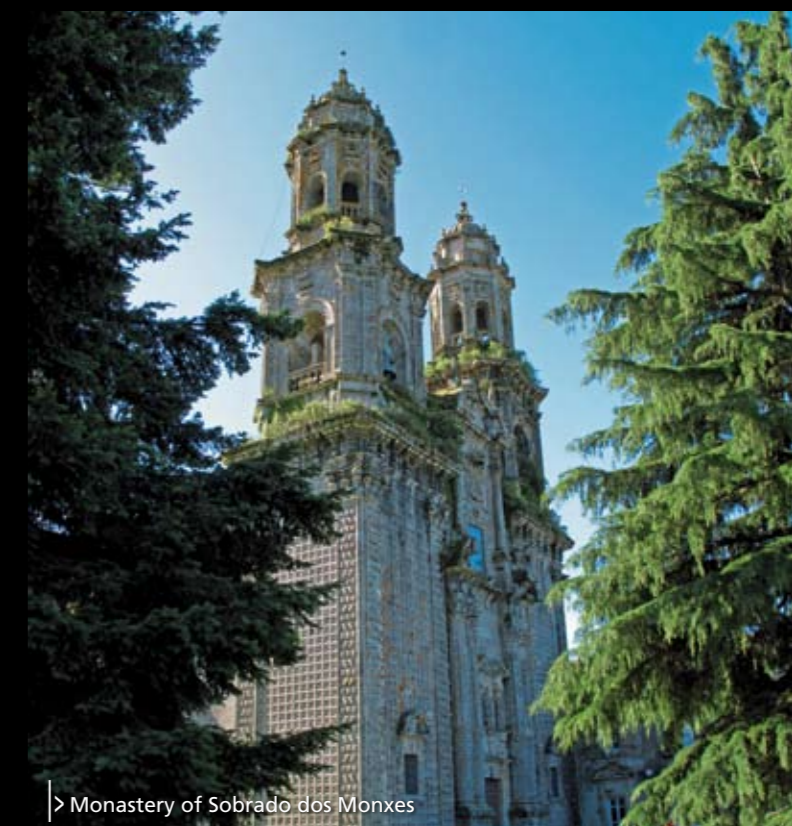
| day 2 |

De Vilalba a Arzúa

After breakfast, we leave Vilalba early to head towards Bustelo along road LU-6517 and cross the **river Labrada** in **Ponte de Meire**. If the frequent flooding of the river, especially during the rainy season, has cut off the usual way, we may have to vary our route. The snow or the rivers formed due to the thawing will be our travel companions, depending on the time of the year.

From here to **Xestoselo**, we cross the LU-170 to **O Vilariño** and continue to **Saa**. The mountains that we cross are more than 800 meters high, granting us splendid views of the valleys. We start to go down and, after passing a wind farm, we can stop in the **leisure area of San Xoán** and its reservoir.

Later, we continue descending until we cross the A-6 motorway, the N-VI road and the railroad tracks, using the old and deteriorated asphalt road from the early N-VI, and we enter the **mountain range of Cova da Serpe**. Wild boars, foxes and wolves live in this mountain range, but it's not easy to see them. We will probably be able to spot rabbits, partridges, squirrels and other small animals such as shrews, field mice and snakes. It is also common to catch sight of ravens and falcons. As we continue going down toward Teixeira the pine forests give way to pastures and their natural inhabitants; cows, for this is an area of high milk production.



> Monastery of Sobrado dos Monxes

We stop for lunch in Teixeira: stew or baked cod

We continue to approach the A-6 motorway, but first we pass through **O Sanguinedo**, and in **Pardiñas** we cross the A-6 and ride parallel to it until we reach the N-634. We immediately leave it and circle Teixeira through **A Pedreira**, crossing the AC-231 in the village of **Foxado** and, passing **A Baiúca**, end up in **Teixeiro**. We stop in this town to eat a nice stew or baked cod for lunch, with delicious **feixós** (pancakes or crepes) for dessert, both specialties that can be enjoyed at the local restaurants.

From Sobrado dos Monxes to Arzúa

The afternoon's route is quieter but not exempt of emotions, because we will have to wade through a river to get to our destination. The first stop is Sobrado dos Monxes, at mid-afternoon, where we can visit the **Monastery of Santa María de Sobrado**, a National Monument founded over a thousand years ago. A short walk from here is the **lagoon of Sobrado**, surrounded by meadows and the occasional alder and pine in mountain and farm land environment of great beauty.

At the end of the visit, back in the 4x4, you get to Arzúa. We can stay at any of its hotels, lodging houses, or the nearby country guesthouses and dine at the accommodation or at any other establishment in the town.

From Arzúa to Santiago de Compostela

A 32-meter high waterfall and a honey museum

In the morning, when you're ready, we suggest visiting a natural resource of great beauty, very close to the village of Dombodán. The **Fervenza das Hortas** is a waterfall from the river Saimes, just before it meets the Ulla with a 32-meter double-drop.

Portodemouros is also nearby, where the **Museo Vivente do Mel** (Live Honey Museum) is located. This is a lovely visit for lovers of beekeeping or of honey products, or if we are interested in ethnography. Here we can see how our ancestors produced honey. Outside is a model of an *alvariza* (hive) containing the parts of the hive: *cortizos*, *trobos* and *covos* and a traditional larder. In contrast we will see a modern apiary, and inside we can follow the extraction process, decanting and packaging of honey. In the shop there are all types of products related to bees: honey, pollen, royal jelly and even cosmetics.

We eat rooster in O Pino

On the stage of The Way Arzúa-O Pedrouzo and from here to Santiago it is possible to travel the route in 4x4 along wide and accessible trails that run close to the old route. We will stop for lunch at **O Pedrouzo**, in the municipality of O Pino; where the specialty is *Galo Piñeiro*, a breed of indigenous rooster which can be prepared either baked or stewed. The town's culinary festival is held early in August.



› Honey Museum, Arzúa



› Fervenza das Hortas waterfall

We reach Santiago de Compostela

In the afternoon we hop back into the 4x4 to begin an itinerary that passes through the environs of **A Lavacolla** and brings us closer to **Monte do Gozo**, a low hill from where the pilgrims get their first glimpse of the towers of the cathedral. Since Holy Year 1993 it has turned into an area equipped with all kinds of services for pilgrims: shelters, a hotel, restaurant and cafés. If we want to feel the atmosphere of the pilgrimages before reaching Santiago, this is the ideal place.

We reach Santiago de Compostela in the evening, therefore we need to postpone the visit to the cathedral for the following day. But we can enjoy a tour of the lively streets of the **old quarter** mingling with pilgrims, university students, tourists and local inhabitants. For dinner, we suggest going tapas dining in the streets of the old town, where you will find the typical helpings of Galician empanada, octopus *á feira*, meat stew *ao caldeiro*, cockles, mussels, thinly sliced meat (*raxo*), sausage filling (*zorza*), Padrón green peppers, small sardines (*xoubas*) or even pig's ear, among other delights. They can be accompanied by wines from the different Galician denominations of origin, not forgetting the typical Santiago almond cake for dessert. As for accommodation, Santiago has a wide range of hotels to suit all tastes and needs.

"Along the Way of Saint James, pilgrims have been raising clouds of heroic dust for many centuries".

Camilo José Cela



› Monte do Gozo hill

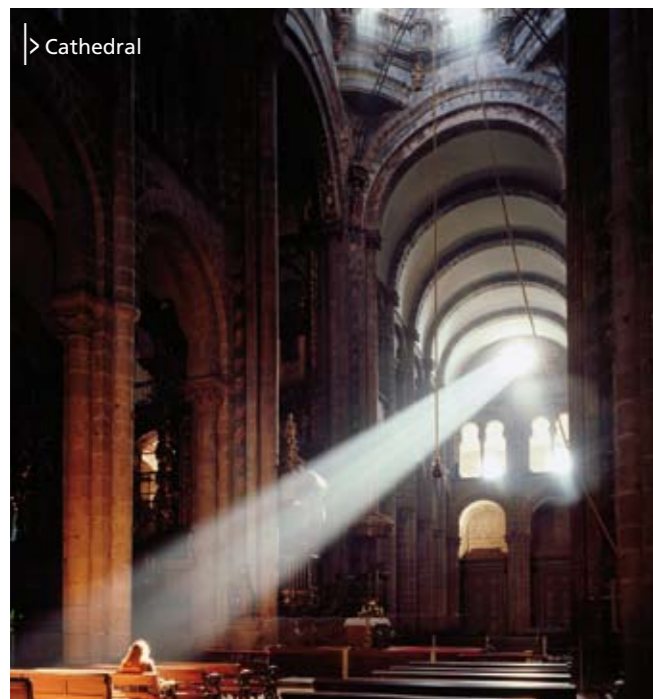
We discover the hidden treasures of the Cathedral of Santiago

Visit the rooftop

After breakfast we propose you discover the cathedral from a different perspective, by going up to its rooftop. There is a guided tour that includes two consecutive itineraries. First, the **Pazo de Xelmírez**, one of the main civil construction buildings of Spanish Romanesque architecture and centre of feudal power exercised by the church in Santiago. You'll be amazed by the great 32-metre long vault in the Synodal Hall, whose corbels are decorated with scenes from a lively banquet.

We then climb up the narrow stairs of the **Palace tower** to tour the full length of the temple's tiered rooftop, which will give us a much better understanding of the different ages of the cathedral and their respective styles. The towers, domes and spires of the cathedral are just an arm's reach away, and we can see rooftops of Santiago all the way across to the surrounding hills.

We enter the cathedral from the square known as **Praza do Obradoiro**, with the impressive baroque façade presided over by the Apostle Saint James portrayed as a pilgrim with cape and staff. We climb the double staircase of the temple and inside we are greeted by the magnificent view of the **Pórtico da Gloria**, masterpiece of Spanish Romanesque sculpture. Again the Apostle Saint James can be found in the mullion, where halfway up we can also see the handprints of previous pilgrims sunk into the marble. Many are the treasures that are kept inside the cathedral, as many are the rites, including embracing the Apostle when we climb up to the shrine of the main altar or stopping before his relics, kept inside a silver urn inside the crypt.



> Cathedral

We have lunch in the old quarter and explore the gardens

At lunchtime, we suggest trying the fish, excellent in stew or Galician style (with olive oil and paprika), and the seafood from the Galician rias, steamed, grilled or accompanied by different sauces. You can find these delicacies at the restaurants along the streets **Rúa do Franco**, **A Raíña** and others in the old quarter.

In the afternoon we encourage you to discover the parks and gardens of the old quarter. The most popular is the **Alameda**, the city's lung. The tree-lined boulevard known as **Paseo dos Leóns** offers the best front views of the cathedral, especially under the light of the setting sun. Century-old camellia trees, ancient oaks, giant eucalypti, fountains and even one or two churches will grab our attention along the way.

Another splendid lookout point is the **Park of San Domingos de Bonaval**, located on the western slope of Monte da Almáciga. It offers singular areas of great beauty, such as a desecrated cemetery, which because of its special acoustics is used as a venue for musical performances.

For dinner we propose trying any of the dishes created by the Galician nouvelle cuisine chefs in the city's signature restaurants.

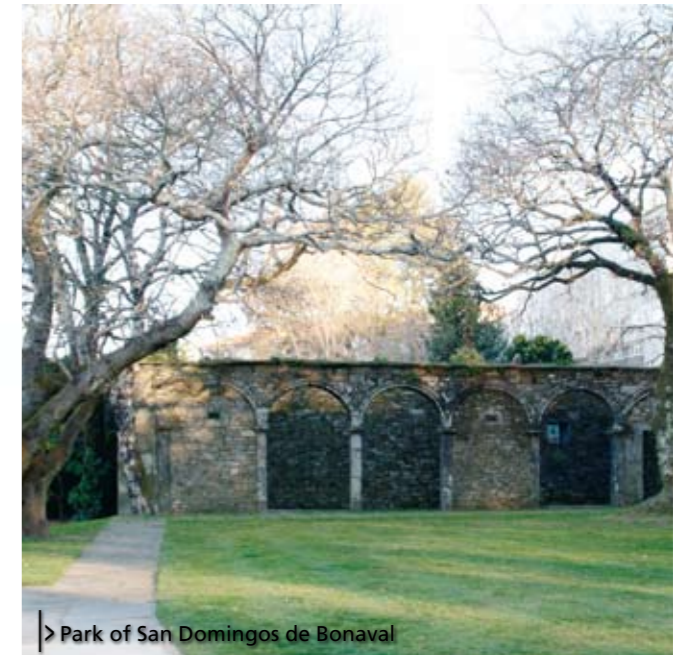


> Rooftop of the Cathedral

We say farewell to Santiago at the Fresh Produce Market

To say farewell to the city, a visit to the Fresh Produce Market is an enriching experience. It is a lively place visited by many locals and that offers all that Galicia's sea and soil products. Fresh fish and seafood from the ria, excellent meats, homemade cheeses, honey, flowers... and even farmhouse poultry or other products from the nearby vegetable gardens are sold in this market. Within its premises some of its restaurants offer to prepare the products we have purchased in the market for a reasonable price.

The remains of the Apostle are kept in a silver urn, in the cathedral's crypt



> Park of San Domingos de Bonaval



> Fresh Produce Market

The French Route on Horseback



A week-long group trip to go on an exciting horseback trail along Galicia's French Route. This ancient path is the most well-known of The Way of Saint James. It is a World Heritage Site and First European Cultural Itinerary. In 2004 it was awarded the Prince of Asturias award for Concord. Our journey starts in O Cebreiro.



START_ O Cebreiro
 END_ Santiago de Compostela
 DAYS_ 8

FURTHER INFORMATION_
 → Ethnographic Museum of O Cebreiro. Tel_ **982 369 025**
 → Monastery of San Xulián de Samos_ www.abadiadesamos.com
 → Regulating Council of the P.D.O. Arzúa-Ulloa_ www.arzua-ulloa.org
 → Pilgrim's Office (Santiago)_ www.oficinadelperegrino.org
 → Cathedral of Santiago_ www.catedraldesantiago.es



EXPERIENCE



> Pilgrims resting in O Cebreiro



- | | | |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>day 1
 Pedrafita do Cebreiro
 1_ Village of O Cebreiro
 2_ Ethnographic Museum
 3_ Church of Santa María A Real</p> <p>day 2
 Pedrafita do Cebreiro
 4_ Village of Liñares – Alto de San Roque summit – Hospital da Condesa – Alto do Poio summit
 Triacastela
 5_ Town of Triacastela
 6_ San Cristovo
 Samos
 7_ Chapel of O Ciprés
 8_ Monastery of San Xulián de Samos</p> <p>day 3
 Samos
 9_ Town of Samos
 Sarria
 10_ Rúa Maior street
 11_ Bridge of A Áspera
 12_ Church of Santiago
 13_ Barbadelo</p> | <p>Paradela
 14_ Ferreirós
 Portomarín
 15_ Belesar reservoir
 16_ Church of San Nicolao</p> <p>day 4
 Portomarín
 17_ Hamlets of Castromaior – Ventas de Narón – A Previsa – Os Lameiros (chapel of San Marcos)
 Monterroso
 18_ Ligonde
 Palas de Rei
 19_ Monastery of Vilar de Donas
 20_ Pambre castle</p> <p>day 5
 Palas de Rei
 21_ Campo dos Romeiros
 22_ Villages of Aldea de Riba and San Xulián
 23_ River Pambre
 Melide
 24_ Hamlet of Leboeiro (cabazo and church of Santa María)
 25_ Furelos bridge</p> | <p>Arzúa
 26_ A Castañeda – Ribadiso – Arzúa</p> <p>day 6
 Arzúa
 27_ Church of A Magdalena
 O Pino
 28_ Salceda – Arca
 Santiago de Compostela
 29_ A Lavacolla – San Marcos – Monte do Gozo (monument to the Pilgrim)</p> <p>day 7
 Santiago de Compostela
 30_ Monte do Gozo
 31_ Praza do Obradoiro - square
 32_ Pilgrim's Office
 33_ Cathedral
 34_ Rúa do Franco - street
 35_ Old quarter</p> <p>day 8
 Santiago de Compostela
 36_ Cathedral rooftops</p> |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

Meeting the participants and transfer to O Cebreiro

Experts evaluate our experience as riders

Organised horseback-riding trips are a good and original option for you to enjoy the French Route, the most well-known of the pilgrimage routes to Santiago. We will leave the logistics required for taking care of the animals to the experts. They will also be responsible for providing a guide, all the necessary material and assistance along the way, accommodation, meals, transfers to the starting point and back to our destinations, support vehicles and luggage carrier necessary during the stages.

The pilgrimage lasts seven days and includes six overnight stays. It is distributed in five horseback-riding stages lasting between six and seven hours each day. Visits to places of interest along The Way, or of historical, artistic, architectural or landscape significance are included. The horses can be Spanish, English or Arab breed, of a gentler or more spirited nature, depending on our preference and depending on our experience as riders, which will be evaluated by the experts.



> Pallozas (traditional mountain dwellings) O Cebreiro



> Alto de San Roque summit. O Cebreiro



> Sanctuary of O Cebreiro

In O Cebreiro we visit the typical *pallozas*

In the afternoon we reach O Cebreiro, a hamlet of prehistoric origin at an altitude of 1,300 meters between the mountain ranges of Os Ancares and O Courel, declared National Historic-artistic site. We will have time to explore this magical and ancient fairy tale-like village that is nestled in the middle of the mountains.

Here the *pallozas* (traditional mountain dwellings) are preserved, living examples of man's adaptation to the environment. Their thick thatched roofs can bear the weight of snow and the force of the mountain wind. And their low stone walls have small windows and the necessary doors to provide service to animals and people, who in the past all lived in under the same roof. One of them houses the **Ethnographic Museum**, which we can visit to see how people lived here for centuries and until quite recently. Others have been renovated and turned into charming inns for pilgrims to stay.

A reliquary donated by the Catholic Monarchs

During the tour we can also visit the **pre-Romanesque church of Santa María A Real**. Inside, it is the chapel of the Holy Miracle. A glass cabinet holds the "Holy Grail", the chalice and paten, both Romanesque jewels, which are believed to have performed the Eucharistic miracle of the conversion of the consecrated bread and wine into the body and blood of Christ. You will also see a reliquary donated by the Catholic Monarchs in which to keep the relics.

For dinner we recommend that you taste the local gastronomy, based on local products, both farmhouse poultry as sausages. For dessert tasting the traditional **cheese of O Cebreiro**, with Denomination of Origin, accompanied by honey from the area is a must.

From O Cebreiro to Samos

We get up early in the morning and after a hearty breakfast we saddle our horses and hit the road. We pass through **Liñares**, ride uphill past the houses to the Romanesque church at **Alto de San Roque**, where we find the statue of a pilgrim looking out over the landscape; the **Hospital da Condesa**, crossing its attractive cobbled path; and the **Alto do Poio**. These are all places of great beauty and scenic wealth.

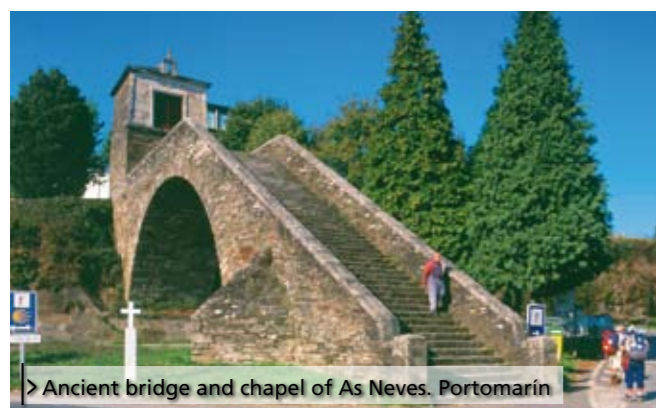
We stop to have lunch in Triacastela

At around lunchtime we arrive in Triacastela, which also appeared as eleventh stage of The Way in the *Calixtine Codex*. It is a small village that lives from the pilgrimage tradition, and in the centre we can see where the pilgrims' lodgings are located. We stop to have lunch and rest at an inn by the town's exit.

Early in the afternoon we continue our journey following the route to Samos, which turns off along the environs of the **river Sarria**. We find several examples of popular architecture and landscapes that consist of indigenous oaks and *soutos* (areas with chestnuts), geographic features, and rivers. We reach **San Cristovo** and go down bordering the **river Oribio**, crossing two small bridges, while trotting among leafy chestnuts.



> Church of San Nicolao. Portomarín



> Ancient bridge and chapel of As Neves. Portomarín



> Facade of the Monastery of Samos

We reach Samos, where we can dine trout and eel

We pass several villages until we reach Samos, the end of this stage. We visit the **Mozarabic chapel of the Cypress**, declared a National Monument and that gets its name from the stout tree that stands next to it. And we also visit the famous **monastery of San Xulián de Samos**, declared of Cultural Interest Site, which offers a hospice where we can relax, rest and get our strength back. Its enormous size and the variety of styles are surprising, both due to the fact that its construction lasted for many centuries. At dinner we can taste the famous trout and eel from the rivers Oribio and Sarria.



> Monastery of Samos

From Samos to Portomarín

From Sarria one can achieve the "Compostela", a document of medieval origin that certifies having completed The Way

After breakfast we saddle our horses again and leave behind us the beautiful and fertile valley of Samos in order to reach one of the most important cities along The Way: Sarria. If it is early, along the main street Rúa Maior we will see a mass of pilgrims, for those that come from previous stages meet with those who start the journey here. From Sarria pilgrims can already earn the "Compostela", a medieval document that certifies having completed The Way, and which can only be obtained by claiming religious grounds. If the motivations are not religious, pilgrims get a different "Pilgrim's certification".

We leave the village and go down to cross the beautiful **bridge of A Áspera** and then continue through an old oak grove until we reach **Barbadelo**, where we can visit the **Romanesque church of Saint James**, a National Monument. In the village we stop for lunch.

After a rest we continue riding while we pass different locations until we get to **Ferreirós**, the first village of Lugo's Ribeira Sacra. The landscape is a mixture of typical hamlets with houses with slate roofs and meadows with cows grazing. Further on we get our first glimpse of the river Miño at the **Belesar reservoir**, which we cross over the bridge until we get to Portomarín, an important reference on The Way.

In Portomarín the Galician eel pie (*empanada de anguila*) and grape eau-de-vie are typical products

The former town of Portomarín was flooded when the reservoir was built, but first several buildings were transferred stone by stone, including the **church of San Nicolao** (formerly of San Xoán). It is special due to its structure, that resembles a fortress, and its rich exterior decoration. The ruins of the old town and of the old bridge can sometimes be seen when the level of the water is low. There are a number of lodges and inns in the town. For dinner don't forget that the eel *empanada* (Galician pie) and the almond cake, accompanied by the famous grape eau-de-vie from Portomarín are typical dishes.

In Ligonde King Charles V and his son Phillip II spent the night.

They were the most distinguished pilgrims to travel The Way in the 16th century

| day 4 |

From Portomarín to Palas de Rei

Early in the morning, after a good breakfast, we set off on horseback and soon enter trails that run among masses of pines and oaks. We pass the villages of **Castromaior**, **Ventas de Narón**, **A Previsa** and **Os Lameiros**, where the **chapel of San Marcos** is located, among century-old oak trees.

We arrive at Ligonde, where Charles V and his son Philip II, The Way's most distinguished pilgrims, spent the night back in the 16th century. Its hospital was of great importance, and today an ancient pilgrims' cemetery and a large *cruceiro*, the most representative stone cross on The Way, can still be seen. In this village we will stop to have lunch; we can enjoy a Galician stew, a beef or lamb barbecue and a dessert made with the creamy cheese with Denomination of Origin Arzúa-Ulloa.

In Palas de Rei we visit the Pambre castle, the only fortress that withstood the attacks of the Irmandiños in the Middle Ages

In the afternoon, taking a deviation from The Way, we find the **monastery of Vilar de Donas**, very near Palas de Rei. The "donas" were two noblewomen that sponsored its construction. They can be seen in the murals from the 14th century that hang in its interior. Around the temple we find the tombs of the knights of the Military Order of the Knights of Saint James, who were in charge of protecting The Way.

Palas de Rei keeps many treasures and valuable Romanesque churches, stone manors and **medieval castles, such as Pambre castle**, the only fortress to withstand the attacks by the Irmandiños during in the Middle Ages. We must then choose a place to have dinner from among the many restaurants and taverns in the town, making sure to taste an appetizer made with **cheese with Denomination of Origin Arzúa-Ulloa**, either farm fresh or cured. The town has several hostels and a complete offer of accommodation.



> Pambre castle. Palas de Rei



> Monastery of Vilar de Donas. Palas de Rei



> Á feira style octopus

In the parish of A Castañeda, in Arzúa we find the lime kilns that were used for the construction of the Cathedral of Santiago

| day 5 |

From Palas de Rei to Arzúa

We have breakfast and saddle our horses at the lower part of the villa of Palas de Rei, known as **Campo dos Romeiros**, next to its livestock unit, where the horses spend the night and where the famous livestock and agricultural products fairs are held.

We leave the villa and pass through the lovely hamlets of Aldea de Riba and San Xulián, scored by streams and under the shade of old oak trees. We are crossing the lands that Emilia Pardo Bazán immortalized in her novel *Los pazos de Ulloa*. Taking a deviation of several kilometres from The Way we cross the landscape of the basin of the river Pambre, with its castle; with the river bathing its foundations, and where water mills, wooden bridges and the riverbank vegetation can be found.



> Leboreiro. Melide



We reach Melide, famous for its octopus cooked á feira style á feira

Later, in the village of **Leboreiro**, we find the ideal place for a group photo next to a *cabazo*, a circular granary similar to a basket with thatched roof, and the medieval **church of Santa María**.

Soon we arrive in Melide, crossing the **medieval bridge of Furelos**, one of the jewels of civil architecture on The Way. The village is famous for its octopus cooked in the traditional *á feira* style, which is worthy of its fame, and for this reason we must stop to taste it together with some rye bread.

We exit Melide, downhill, through streams and a eucalyptus grove. We arrive in **A Castañeda**, where the lime kilns for the construction of the Cathedral of Santiago are located and which pilgrims fed with lime stones that they carried in their backpacks from the mountains of O Cebreiro and Triacastela.

We pass **Ribadiso**, a village where one of the loveliest pilgrims hostels along The Way is located, consisting of restored cottages, a *lareira* (traditional Galician kitchen) in the dining room and a garden with a staircase that leads straight to the river Iso. In Arzúa we find all kinds of services for pilgrims. Here we have dinner and spend the night.

| day 6 |

From Arzúa to Monte do Gozo

We leave Arzúa after breakfast, which can consist of delicious **rosquillas** (donuts), **melindres** (biscuits) and some of its famous **cheese**. We will also say farewell to the **church of A Madalena**, to a lovely plantain tree-lined boulevard and to the monuments in honour of the famous *tetilla* cheese.

We cross leafy groves, passing through **Salceda** and **Arca**, in the municipality of **O Pino**. We stop here to rest before tackling the final stretch up to **A Lavacolla**, where long ago pilgrims washed themselves in the river before entering Compostela. We have lunch and get ready to enter **San Marcos** and **Monte do Gozo**.

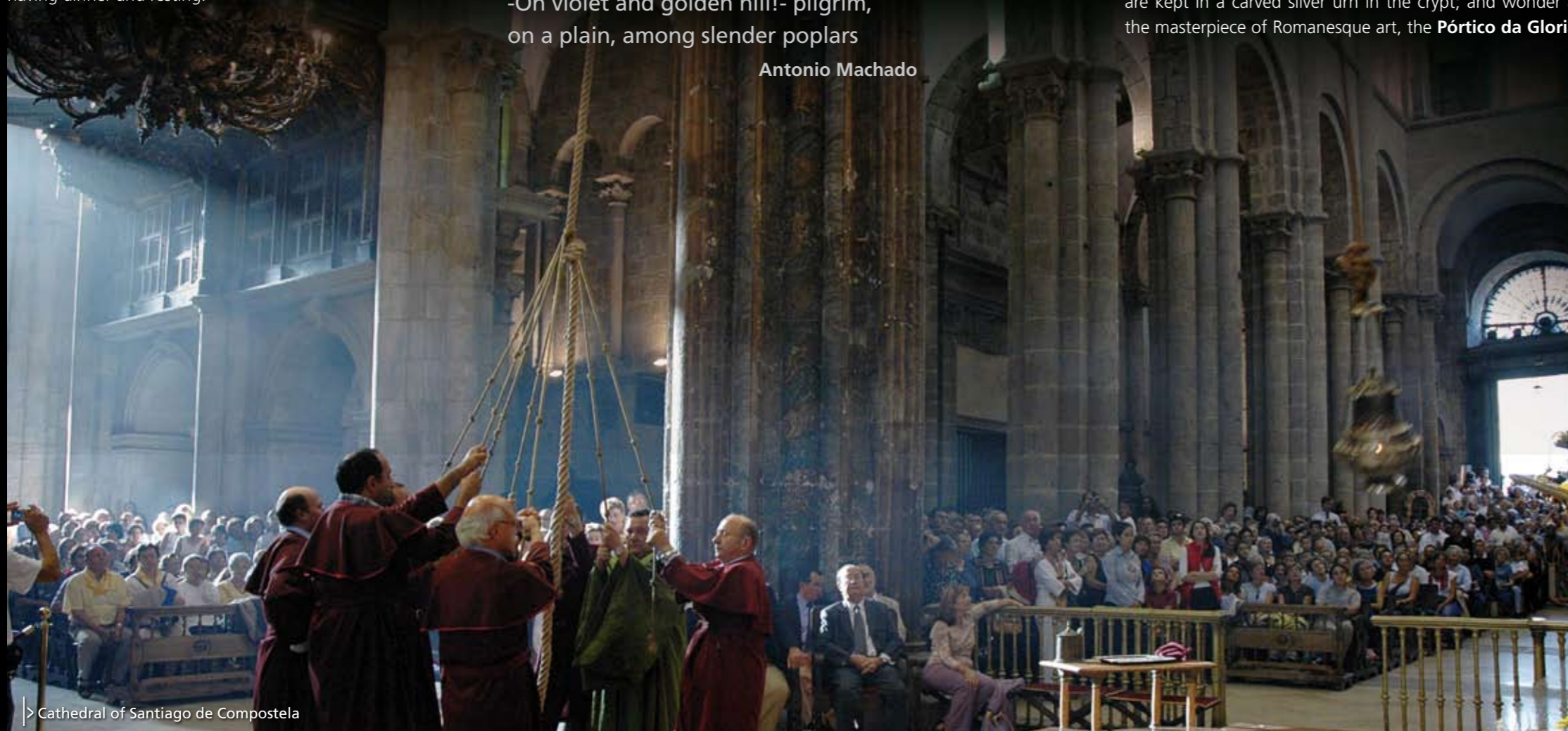
Monte do Gozo is a place of ineffable emotions. From this hilltop we get our first glimpse of towers of the cathedral. Since the Holy Year '93 the area has been redeveloped with lovely leisure areas and it also offers a wide range of services for pilgrims: hostels, restaurants, hotels, bars, a chapel and fountain. It is the perfect place to share all the anecdotes and experiences of the journey with colleagues and other pilgrims. And, of course, the high point of the day is a group photograph in front of the **monument to Pilgrims**, before having dinner and resting.



> Botafumeiro

You will see the wonders of The Way,
on route to the longed for Compostela
-Oh violet and golden hill!- pilgrim,
on a plain, among slender poplars

Antonio Machado



> Cathedral of Santiago de Compostela

| day 7 |

We must enter the city of Santiago before 9:00 am

After breakfast we ride to the holy City of Santiago. The municipal regulations stipulate that the arrival of pilgrims on horseback must be before nine in the morning. We enter the majestic **Praza do Obradoiro** square, surrounded by art made from stone. This is the moment for the last photo with the animals in front of the **cathedral's** magnificent baroque façade, before the organisers take them away.

At the Pilgrim's Office we are given the "Compostela"

We recommend that you then visit the Pilgrim's Office, very near the cathedral, in **Rúa do Vilar**, to get the final seal on the pilgrim credentials and the traditional pilgrimage certificate known as the "Compostela," if we claim religious grounds. Otherwise we will only be granted the pilgrim's certificate.

We take advantage of the opportunity to explore the cathedral façades before the **Pilgrim's Mass** that is held in the temple at noon. Inside we can follow the tradition of embracing the Apostle, at the main altar; visit his relics that are kept in a carved silver urn in the crypt; and wonder at the masterpiece of Romanesque art, the **Pórtico da Gloria**.

If you arrive on specified liturgical dates, then you may witness the unforgettable spectacle of the **botafumeiro**, a giant censer that hangs from the ceiling and swings from one end of the transept to the other, almost touching the vault, thanks to the strength and ability of eight experienced *tiraboleiros* (those in charge of swinging the censer).

And, for lunch, Galicia's best fish, meat and seafood

At lunchtime, Santiago offers the best of Galician gastronomy. In the nearby **Rúa do Franco** there is a display of the finest meat, fish and seafood kept in refrigerated showcases and in tanks at the entrance of the different restaurants.

In the afternoon we encourage you to explore until dinner time the cobbled streets of the **old quarter**, filled with monuments, museums, exhibit halls and wonderful urban parks that you'll love. Santiago's nightlife is also quite a revelation when the stones and buildings are caressed by the light from the streetlights, which immerse us in an unreal atmosphere.

During the Pilgrim's Mass we can witness the spectacle of the *botafumeiro* (giant censer), swung by eight *tiraboleiros*

| day 8 |

We see Santiago from the rooftop of the cathedral

After breakfast we suggest you take advantage of your last day in the city to discover Santiago from the unusual perspective of the rooftop of the cathedral. Then you can end your stay relaxing from the effort of the journey at an urban spa. Many of the spas offer thermal circuits specifically designed for pilgrims, to go back rested and recovered.

The English Way on a sailboat and on a mountain bike



We will experience a fast-paced adventure just like the pilgrims from northern Europe and the British Isles did in the past. Before travelling by land to the holy City of Santiago they disembarked in the north of Galicia. This coastline boasts some of Europe's highest cliffs, in the mountain range Serra da Capelada, where the beautiful sanctuary of Saint André de Teixido is located. We will sail to Ferrol, where we will begin the English Way to Santiago de Compostela by bicycle.



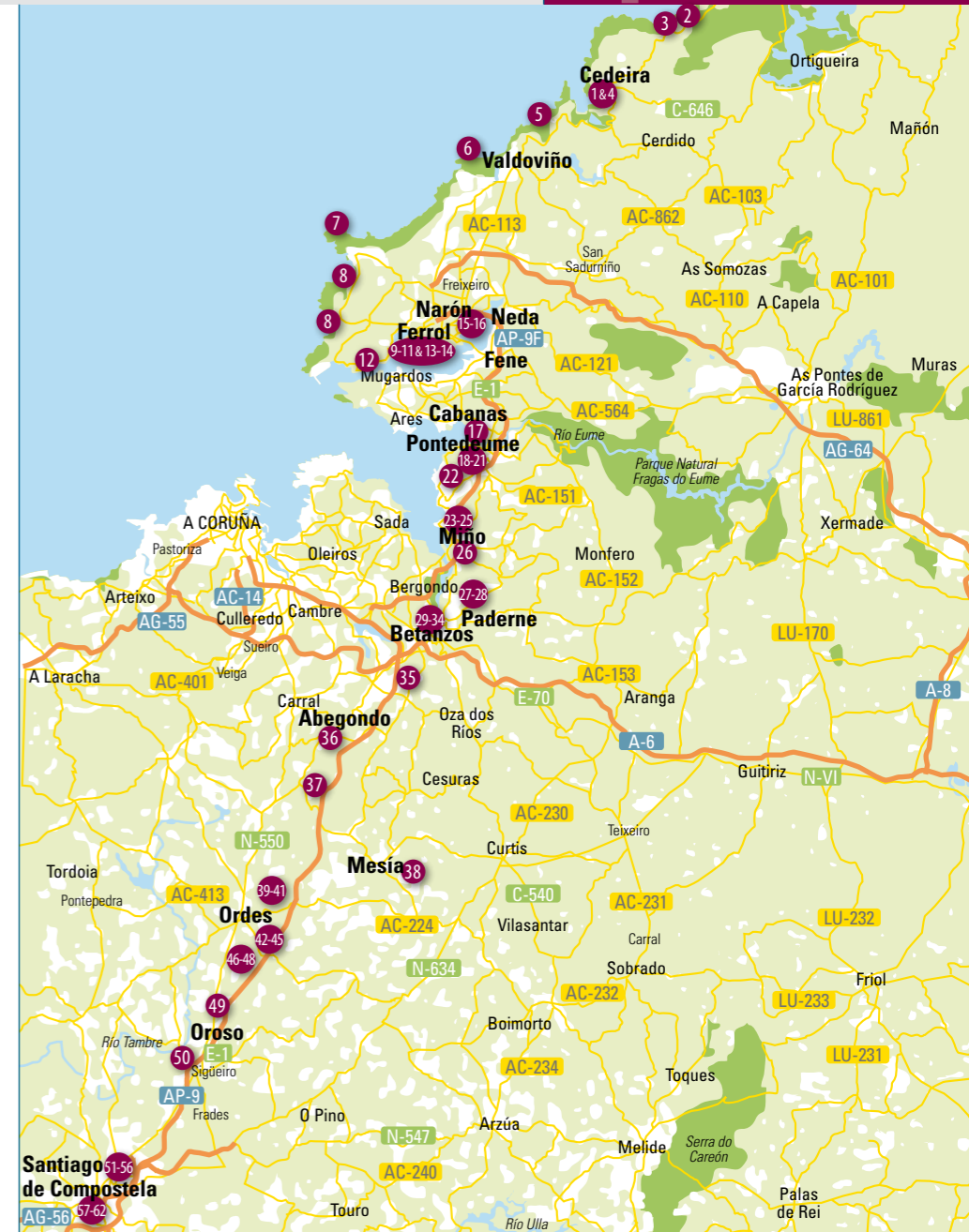
START_
Cedeira
END_
Santiago de Compostela
DAYS_ 4

FURTHER INFORMATION_
→ Tower of Os Andrade (Pontedeume). Tel_ **981 430 270**
→ Bruma hostel (Mesía). Tel_ **981 687 001**
→ Pilgrim's Office (Santiago)_ **www.peregrinossantiago.es**



EXPERIENCE

- day 1|
- Cedeira**
- 1_ Town of Cedeira
- 2_ Garita da Herbeira - hut
- 3_ Sanctuary of Saint André de Teixido
- 4_ Port of Cedeira
- Valdoviño**
- 5_ Beach of Pantín
- 6_ Punta Frouxeira
- Ferrol**
- 7_ Cape Prior
- 8_ Beaches of San Xurxo and Doniños
- 9_ Port of Curuxeiras
- 10_ Beachfront of A Mariña
- 11_ A Madalena quarter
- day 2|
- Ferrol**
- 12_ Castle of San Felipe
- 13_ Port of Curuxeiras
- 14_ Recemil and Caranza quarters
- Narón**
- 15_ A Gándara industrial park
- 16_ Bridge over the river Xubia
- Neda – Fene**
- Cabanas**
- 17_ Beach of A Madalena
- Pontedeume**
- 18_ Pontedeume bridge
- 19_ Praza do Conde square
- 20_ Tower of Os Andrade
- 21_ Churches of As Virtudes and Santiago
- 22_ Church of Breamo
- Miño**
- 23_ Bridge over the river Baxoi
- 24_ Town of Miño
- day 3|
- Miño**
- 25_ Rúa Real - street
- Paderne**
- 26_ Bridge of O Porco
- 27_ Town of Paderne
- 28_ Villages of O Porto – Chantada
- Betanzos**
- 29_ San Martín de Tiobre
- 30_ Os Remedios
- 31_ Church of Santa María de Azougue
- 32_ Church of San Francisco
- 33_ Praza dos Irmáns García Naveira square
- 34_ Park of O Pasatempo
- Abegondo**
- 35_ Limiñón bridge
- 36_ Presedo bridge
- 37_ Villages of Francos – Bocelo – Valardel – A Malata
- Mesía**
- 38_ Bruma hostel
- Ordes**
- 39_ Villages of O Seixo – Carreira – Mámoas - A Carballeira - A Rúa
- 40_ Church of San Paio de Buscás



- day 4|
- Ordes**
- 41_ Lugar de A Rúa
- 42_ Trabe - mill
- 43_ O Cubo - bridge
- 44_ Outeiro de Abaixo - hamlet
- 45_ Church of San Xulián de Poulo
- 46_ Villages of A Senra - Carballo – Casanova de Pereiro
- 47_ Ponte Pereira
- 48_ Village of Carrás
- Oroso**
- 49_ Baxoia
- 50_ Bridge over the river Tambre

- Santiago de Compostela**
- 51_ Tambre industrial park
- 52_ Meixonfrío
- 53_ Park of Pablo Iglesias
- 54_ Xoán XXIII - avenue
- 55_ Convent of San Francisco
- 56_ Faculty of Medicine
- 57_ Hostel dos Reis Católicos - hotel
- 58_ Praza do Obradoiro - square
- 59_ Pilgrim's Office
- 60_ Cathedral
- 61_ Rúa do Franco - street
- 62_ Rúa do Vilar - street

Sailing from Cedeira to Ferrol

We recommend staying overnight in the environment of Cedeira to make the best of the following day. The region of Ferrol offers wide range of hotels of up to four stars that coexist with country guesthouses and other charming lodgings.

Europe's highest cliffs

After breakfast we head off to a place known as **Garita de Herbeira** that we access from Cedeira. Along the way it is common to see wild horses grazing freely on the hills. The *Garita* is a spectacular lookout point on the north coast of the Atlantic, nestled in the heart of the mountain range **Serra da Capelada**. The small granite masonry hut offers a magnificent panoramic view of Europe's highest cliffs, at an almost vertical drop of 600 metres above sea level.



> Sanctuary of Saint André de Teixido



> A Madalena quarter, Ferrol

Close by is the sanctuary of Saint André de Teixido. A popular proverb holds that "those who do not go there during their lifetime will do so after their death". The chapel is in a small white village that stands among the cliffs, in the only point where the mountains are smooth enough for it to fit. Inside the chapel there is an original altarpiece that houses the mannerist image of the Apostle Saint Andrew. Pay attention to the votive offerings left in the chapel by those hoping for the miraculous intercession of the saint; or the **sanandresiños**, colourful figurines made from bread dough that represent the symbols of the arrival of Saint Andrew to these lands.

A popular proverb claims that to
Santo André de Teixido
"vai de morto o que non foi de vivo"
(those who do not go there during their
lifetime will do so after their death)



> Garita de Herbeira hut and view of A Capelada mountain range

We stop along the way to swim in an idyllic beach

We say farewell to this place full of myths, legends and rituals and suggest walking 12 kilometres to Cedeira, along a trail full of magnificent natural beauty. To emulate the ancient pilgrims from the north of Europe and from the British Isles who long ago travelled to Santiago and arrived at this shore by boat, at mid-morning we propose boarding on a sailing boat in the **port of Cedeira** to sail all the way to Ferrol.

The journey can take from three to four hours, depending on the winds. We will see the rugged and wild coastline that we had previously seen from land and we can participate as novices manoeuvring the sailboat. Weather permitting, we can drop anchor in small coves that are otherwise inaccessible to take a dip, or else we can swim in other more famous beaches such as **Pantín**, considered a genuine surfing paradise.

Going for tapas in Ferrol's old quarter

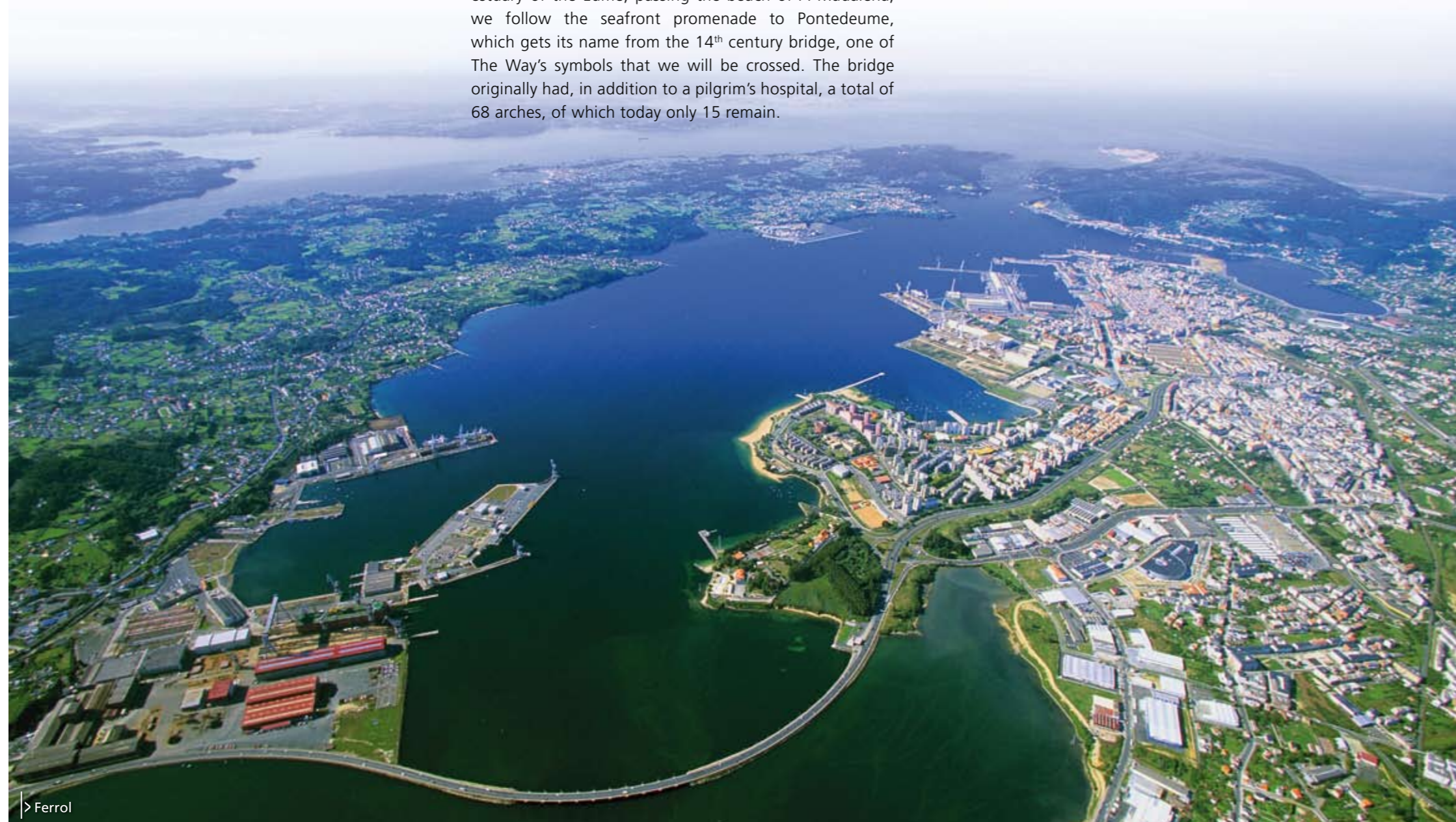
Either on board or at a beach we can enjoy a picnic specially prepared for the occasion. Keep your eyes open at sea because it is not unusual to sight moon fish and schools of pilot whales or dolphins. Leaving behind **Punta Frouxeira, Cabo Prior** and the sandy beaches of **San Xurxo** and **Doniños** we enter the narrow estuary of Ferrol all the way to the **port of Curuxeiras**, in Ferrol Vello (Old Ferrol), which for centuries has welcomed pilgrims arriving by sea. We can also see the non-stop coming and going of vessels from and to Mugardos, a small sea town on the opposite shore.

After landing and settling into our chosen accommodation we can visit the Old Ferrol at a more leisurely pace for the rest of the evening. Just behind the promenade known as **Paseo de A Mariña** the streets still preserve the typical seaside flavour. At dinner time we suggest that you do as the locals from Ferrol, who love to go tapas-dining in the **A Madalena** quarter, declared a Historic-artistic Interest Site.

We bike out of Ferrol and head towards Miño

We visit the castle of San Felipe, built by order of Phillip II

Before setting off on the English Way on our mountain bikes, either our own or leased, we cannot leave Ferrol without visiting the majestic castle of San Felipe, in the narrowest part of the estuary. It was one of the points of a triangle that defended the city against enemy attacks, together with the castles of San Martín and A Palma, located to the other side of the estuary. That was king Phillip II's idea when he ordered it to be built. Visits start at 10:00 am and its interior reveals the 32 most interesting points of this enormous building, while we can also learn the military terminology as we observe batteries, hornworks or caponiers.



> Ferrol

From Ferrol to Pontedeume

After the visit we are ready to begin the first stage of the English Way on two wheels that will lead us to Miño. We leave from the **port of Curuxeiras**, where we landed the previous afternoon. This Way of Saint James route is perfectly signposted in all its stages and also in the city, so we will easily find our way through the streets and squares to the **neighbourhoods of Recemil and Caranza**, in the outskirts.

From here we reach the **industrial park of A Gándara**, very close to Narón. Then comes Neda, after passing the tide mill and the **bridge over the river Xubia**. The itinerary continues through **Fene** and **Cabanas**. In the estuary of the Eume, passing the beach of A Madalena, we follow the seafront promenade to Pontedeume, which gets its name from the 14th century bridge, one of The Way's symbols that we will be crossed. The bridge originally had, in addition to a pilgrim's hospital, a total of 68 arches, of which today only 15 remain.



> Pontedeume



> Castle of San Felipe. Ferrol

We have lunch in Pontedeume and stay the night in Miño

In Pontedeume we stop to explore the centre and have lunch. In the main streets of Santo Agostiño, Os Ferreiros and Real you will find restaurants to satisfy your appetite. Do not forget to order some of the typical desserts, such as the cake from Pontedeume, *melindres* (pastries), sponge cake (*proia*), or the sponge cake ring (*manguito eumés*).

The **Praza do Conde** square, the **tower of Os Andrade**, that completed part of the town's wall, the **church of As Virtudes** and **of Santiago** are some of the town's key sightseeing points. We get back on the road and, leaving Pontedeume, we recommend taking a detour to the **church of Breamo**, where in addition to visiting this Romanesque temple we can get a splendid panoramic view of the rias of Betanzos, Ares and Ferrol.

Farther on, an unusual medieval single-span bridge over the **river Baxoi** will lead us to the final stage in Miño, where we find inns, lodging houses and rural houses where to dine and spend the night.



Church of San Francisco. Betanzos

The Encyclopaedic Garden of Betanzos had statues of 265 Popes, literati and emperors

| day 3 |

From Miño to Ordes

After a good breakfast we leave Miño through the street **Rúa Real** where we are once again come across the sea. Following the coast line, we continue on to the **medieval bridge of O Porco**, which crosses the river Lambre. At the foot of the bridge you will see the carved sculpture that represents the wild boar, symbol of the noble house of the Andrade family. Crossing the hills we will pass **Paderne**, followed by **O Porto** and **Chantada**.

We visit Betanzos and its unusual squares and parks

Here we begin a downhill stretch towards Betanzos, capital of one of the provinces of the ancient Kingdom of Galicia. This descent offers beautiful panoramic views over the estuary and marshlands until we enter the villa that was formerly one of Galicia's main towns in the era of the Catholic Monarchs.

The road enters **San Martín de Tiobre**, where Betanzos o Vello ("the Old") is located, passing the area of **Os Remedios**, and from there we enter the old quarter through one of the gates of the medieval wall that is still standing. It is well worth visiting the **churches of Santa María do Azogue** and, especially, the **church of San Francisco** to see the medieval tombs which it houses.



Betanzos

The road crosses the **Praza dos Irmáns García Naveira** square, which can be considered the centre of the town. A regal fountain stands in the centre, with a bronze sculpture of Diana The Hunter made at a Parisian workshop in the 19th century. We suggest you visit the **park of O Pasatempo**, not far from the town centre and that will surprise you with its tremendous originality. You can see the ruins of the Encyclopaedic Garden, consisting of mazes, fountains, canals and statues of up to 265 Popes, literati and emperors. It was built between 1893 and 1914 as required by the brothers García Naveira, the town's Spanish colonial benefactors, as a pioneer theme park that was already mentioned in the travel guides of the period.

We stop for a bite in the hostel of Bruma, in Mesía

We leave Betanzos taking a picnic lunch with us in our bike saddlebags so that we can stop for a bite whenever we get hungry along The Way. The trail goes uphill to the town of **Abegondo**, where it is crossed by the **bridges of Limiñón** and **Presedo** and continues towards **Franco**, **Bocelo** and **Valardel**. The itinerary enters the hills and reaches **A Malata**. Eventually we reach **Bruma**, where there is a hostel for pilgrims and we can stop to rest and eat.

We end the day in Ordes

After a rest we hit the road again towards the town of Ordes. The route passes through **O Seixo**, **Carreira**, **Mámoas** and **A Carballeira**, where there begins a stretch through rolling hills that leads us to the hamlet of **A Rúa**. Here there is a country guesthouse, an example of the traditional farmhouses from the region of Ordes, where we can have dinner and spend the night. Its origins are thought to be linked to the nearby **church of San Paio de Buscás**, that we can visit. Another option is to take a detour toward the town of Ordes, right on the crossing of the N-550, which offers all the services necessary to dine and relax.

From Ordes to Santiago de Compostela

We recommend getting up early and after a hearty breakfast continuing the route from A Rúa. We leave the **mill of Trabe** and the **bridge of O Cubo** behind us and then continue toward **Outeiro de Abaixo**, where we take a tree-lined path that leads to the **church of San Xulián de Poulo** and then to **A Senra**.

The Way reaches the towns of **Carballo**, **Casanova de Pereiro** and crosses the **bridge of Ponte Pereira**, that could be of medieval origin, and leads to **Carrás**, an area of springs that can sometimes make crossing rather difficult. We then continue toward **Baxoia** and arrive at **Sigüeiro**, where we cross the **bridge over the river Tambre**. Its blend of styles is unusual, for it has four Romanesque arches and a gothic one, due to repair works carried out in the 14th century. Currently the N-550 makes use of it to cross this river, which is famous for its trout.

We reach Santiago de Compostela

From here onwards the trail runs almost parallel to the N-550 until it reaches the **industrial park of Tambre**. Then we enter **Meixonfrío** and shortly after we find the beautiful **park of Pablo Iglesias**, now in the city of Santiago.

We are getting closer and closer to the cathedral and only have to follow **avenue Xoán XXIII**. Under a large canopy held up by large pillars shaped like inverted cones stands the north campus of the University and its parks; behind it is Monte Pío, and behind it, Monte do Pedroso. This communications network links the outskirts of Santiago with its old quarter.



We approach Compostela as if we were approaching a miracle.

Álvaro Cunqueiro



> Pórtico da Gloria



> Church of San Francisco. Santiago de Compostela

The historic Praza do Obradoiro square and the cathedral

In the monument area the first majestic building that we get a glimpse of is the **convent of San Francisco**, and on its right, the **Faculty of Medicine** followed by the **Hostal dos Reis Católicos**. Between this old pilgrim's hospital, to the right, and the magical arch of Pazo de Xelmírez, to the left, we behold the Praza do Obradoiro square.

Now we can finally celebrate the successful completion of our pilgrimage before the breathtaking façade of the cathedral, a magnificent baroque backdrop for this Romanesque temple. Under the gaze of the Apostle Saint James, who stands dressed as a pilgrim with staff and cape, flanked by the great 74 metre-high towers that stand sky-high, we can share the excitement along with many other pilgrims.

Before entering the temple we recommend you visit the Pilgrim's Office in Rúa do Vilar, next to the As Praterías square, in the area of the cathedral. It provides a baggage locker, bike parking and bike forwarding service. Our credentials will be sealed and we will be given the "Compostela", a document of medieval origin that certifies having completed The Way.

At twelve we can attend the **Pilgrim's Mass** in the cathedral, embrace the Apostle and visit his relics by going down to the crypt below the Main Altar. We can contemplate the **Pórtico da Gloria**, the Romanesque masterpiece carved by Master Mateo, showing us the apocalyptic vision of the heavenly Jerusalem.

Time to have lunch. Almost directly linked to the Praza do Obradoiro is the street Rúa do Franco, that gets its name from the fact that in the past it was the place where the French pilgrims lodged. Today its culinary offer is enormous, with signature restaurants and tapas bars. It is interesting to note that many show their products off by their entrance in fish tanks and refrigerated showcases.

Guided tour or audio guide

If you spend the afternoon in Santiago de Compostela, walking around all the squares and streets of the old quarter is a must. In the street **Rúa do Vilar** there are two tourist offices that provide useful material and guidance and where we can request a guided tour or an audio guide, which enables us to discover the city at our own pace without missing a single detail, anecdote or legend.

The street Rúa do Franco owes its name to the fact that in the past it was where the French pilgrims lodged

The Portuguese Way and the Way of Saint James by boat



We propose discovering the suggestive path of the Portuguese Way from Tui to Santiago in a week. During the journey will we recreate the legend of the “Translatio Sancti Jacobi” (the transfer of the remains of the Apostle) on an attractive sea-river journey that includes the largest estuary in Galicia and goes up the river Ulla. We will come across towns bathed by sweet and salt waters that house a cathedral-fortress, medieval bridges and even a set of raised stone granaries standing by the sea shore.



START_	Tui	FURTHER INFORMATION_	→ Provincial Museum of Pontevedra_ www.museo.depo.es
END_	Santiago de Compostela		→ Monastery of San Xoán de Poio. Tel. 986 770 244 (monastery) / 986 770 000 (lodging)
DAYS_	7		→ Museo do Pobo Galego (Santiago)_ www.museodopobo.es
			→ Centro Galego de Arte Contemporánea (Santiago)_ www.cgac.org



5

EXPERIENCE

- day 1|
- Tui
- 1_ Old quarter
- 2_ Convent of As Clarisas
- 3_ Cathedral
- day 2|
- Tui
- 4_ Parroquia de Rebordáns (*cruceiro*, Ponte da Veiga, chapel of A Virxe do Camiño, Ponte das Febres)
- 5_ Hamlet of A Madalena
- 6_ Ribadelouro
- 0 Porriño
- 7_ Chapel of San Benito
- 8_ Church of Santa María
- Mos
- 9_ Church of Santa Eulalia
- 10_ Pazo of the Marquesses of Mos - stone manor house
- 11_ Stone cross *Cruceiro* dos Cabaleiros
- 12_ Alto de Inxertado - summit
- Redondela
- 13_ Roman milestone of Vilar de Infesta
- 14_ Meseta de Chan das Pipas - plateau
- 15_ Convent of Vilavella
- 16_ Viaduct of Pedro Florianí
- day 3|
- Redondela
- 17_ Viaduct of Pontevedra
- 18_ Chapel of Santa Mariña
- 19_ Setefontes
- Soutomaior
- 20_ Arcade
- Pontevedra
- 21_ Ponte Sampaio
- 22_ A Canicouva
- 23_ Sanctuary of A Peregrina
- 24_ Old quarter
- 25_ Marismas da Alba - marshes
- 26_ Island of As Esculturas
- 27_ Provincial Museum
- Poio
- 28_ Monastery of San Xoán
- day 4|
- Poio
- 29_ Combarro (San Roque square, beach of Padrón, stone granaries)
- 0 Grove
- 30_ Port
- Ría de Arousa and river Ulla
- 31_ Catamaran tour
- Pontecesures
- 32_ Town of Pontecesures
- Padrón
- 33_ Church of Santiago
- 34_ Fountain of O Carmo
- Caldas de Reis
- 35_ Town of Caldas de Reis (spas)
- Padrón
- 36_ Town of Padrón



- day 5|
- Padrón
- 36_ Town of Padrón
- 37_ Sanctuary of A Escravitude
- 38_ Village of Angueira de Suso
- Teo
- 39_ Rúa de Francos - street
- Brión
- 40_ Castro Lupario - ancient settlement
- Teo
- 41_ Villages of Osebe – Casalonga – Pedreira
- Ames
- 42_ O Milladoiro
- 43_ Agro dos Monteiros
- Santiago de Compostela
- 44_ Ruins of the castle of A Rocha
- 45_ A Choupana
- 46_ Chapel of Santa Marta
- 47_ Avenue Rosalía de Castro
- 48_ Avenue of Xoán Carlos I
- 49_ Porta Faxeira
- 50_ Rúa do Franco - street
- 51_ Praza do Obradoiro - square
- 52_ Cathedral
- day 6|
- Santiago de Compostela
- 53_ Old quarter
- 54_ Cathedral
- 55_ Park of Bonaval
- 56_ Museo do Pobo Galego (Museum of the Galician People)
- 57_ Centro Galego de Arte Contemporánea (Galician Contemporary Art Centre)
- day 7|
- Santiago de Compostela
- 57_ Fresh Produce Market

The charming villa of Tui welcomes us at the start of our journey

We recommend arriving in Tui early in the afternoon, through the AP-9, A-55, the N-550 or PO-552. It is a beautiful villa enriched by the river landscape of the Miño, that serves as the natural frontier with Portugal. It was one of the capitals of Galicia until 1833 and boasts the only cathedral in the whole province of Pontevedra. These are more than enough reasons for us to wander along its streets, after having checked-in to our chosen accommodations chosen from among a wide range of possibilities, including the **Parador** (state-owned hotel) located one kilometre from the town's centre, opposite the **International Bridge** designed by Eiffel, that connects with Portugal.

We begin the visit by going up to the promontory which is the villa of Tui. We will feel as if time had stopped in the Middle Ages as we go up the streets **Rúa Canicoba**, **Entrefornos**, **do Corpo Santo** or when we pass through the **tunnel de Encerradas**. This is a vaulted passageway that runs below the **convent of the Claire Nuns** and that connects the high part of the villa with the area inside the walls. The hands of the nuns that inhabit the convent knead the dough for the "pececitos" (little fish), delicious almond pastries. Their recipe is a secret that is well-kept within the walls of the convent, but this does not stop us from tasting them, for they can be purchased at the convent or in pastry shops.

At the top of the villa we can visit the Cathedral of Tui, a beautiful building that is a mixture of temple and fortress. Its western gate is famous for being among the most beautiful

of Spanish Gothic architecture and provides unusual images such as that of the Virgin Mary lying on a bed, representing the Nativity. From this point we can see the basin of the Miño river with all its luxuriant vegetation, with its river forests and fertile valleys, dotted with orchards and large vineyards.

Eel or lamprey, accompanied by wines from O Rosal

At dinner time, bear in mind that Tui is known to be the *capital do meixon* (eel capital), with a gourmet food festival on Easter Sunday. This delicacy is served in small clay pots with the typical *mollo* (spicy sauce). The Miño estuary also provides its famous lamprey or shad. The wines of O Rosal, with Designation of Origin Rías Baixas, are ideal companions for these dishes.

The walls of the convent of the Claire Nuns hide the secret of the recipe for "pececitos", delicious almond pastries typical from Tui



> Tui

From Tui to Redondela

After breakfast we begin to walk the first stage in Galicia of the Portuguese Way, between Tui and Redondela, consisting of a gentle path that follows the course of the river Louro, alternating asphalt roads with paths. We begin at the exit of Tui, next to the imposing 18th century stone cross of **Rebordáns** and its Romanesque church, whose capitals show scenes from Herod's dinner.

The route moves on toward the **chapel of the Virxe do Camiño**, after crossing **Ponte da Veiga** on the river Louro. Farther on, along a forest track, we reach **Ponte das Febres** on the river San Simón. The bridge gets his name because it is said that here Saint Thelmo became fatally ill. You can read the reference to the event on a plaque.

Sheltered by the riverbank vegetation of the river Louro we arrive at the **village of A Madalena**. As we leave we find a calvary consisting of five stone crosses and then a beautiful slab bridge on the Louro. We continue toward **Ribadelouro** leaving Gándaras de Budiño, a wetland of great ecological and archaeological value to the west.



> Cathedral of Tui



> Boulevard Paseo da Corredoira. Tui

We stop for lunch in O Porriño

And finally we reach the town O Porriño, where we are met by the **chapel of San Benito**, the **church of Santa María** and the town hall, an astounding, capricious and huge work by the architect Antonio Palacios, a native of the town. We stop for lunch in the town, famous for its bread with thick crust and abundant crumb that makes the perfect companion for a dish of tripe, whose culinary festival is held here at the end of summer.

We pass through Mos and have a cuttlefish (*chocos*) stew for dinner in Redondela

After lunch and a rest we continue our route to the centre of Mos, that we cross passing by the **church of Santa Eulalia**, the **Pazo of the Marquesses of Mos** and the **polychrome stone cross of Os dos Cabaleiros** (the two knights) decorated with two lanterns. Then the road climbs up to the **Alto do Inxertado**, passing next to the **Roman milestone of Vilar de Infesta** and crossing the **plateau of Chan das Pipas**.

From here onwards the itinerary coincides with the N-550 road until we enter **Redondela**, where we find the **convent of Vilavella** and then we pass under the eye-catching **viaduct Pedro Floriani**. For dinner we can try the cuttlefish (*chocos*) stewed in their own ink that are so popular in the town, which also offers good accommodation, either in hostels, hotels or lodging houses, or in excellent *pazos* and country guesthouses.



| day 3 |

From Redondela to Pontevedra

After rising early and having an energizing breakfast we are ready to begin a new stage of the journey, which connects Redondela with Pontevedra. We leave the town by passing under the **viaduct of Pontevedra**, which follows one of the models made popular by Eiffel. Not in vain is Redondela known as the "villa of the viaducts", that add to its charm and that have seduced many illustrious figures; including Lorca, who once said: "I have travelled through a village that fell out of heaven". After observing the baroque façade of the **chapel of Santa Mariña** and with the town behind us, our path enters a forest and goes down to **Setefontes**.

We taste the oysters of Arcade

We walk into the municipality of Soutomaior through Arcade, a town famous for the quality of its oysters, where we can stop to taste them, accompanied with a few drops of lemon. After a rest we go back to our path, that further on crosses the historic bridge of **Ponte Sampaio** on the river Verdugo, where a battle was held that caused the French to retreat during the War of Independence. At **A Canicouva** we cross an evocative cobbled path towards **Pontevedra** and its **sanctuary of the Pilgrim Virgin**, where this stage ends.





> Santuario da Peregrina. Pontevedra



> Praza da Leña square. Pontevedra



> Monastery of San Xoán de Poio

The old quarter of Pontevedra is one of the best preserved in Galicia

You will see that Pontevedra has plenty to offer and we encourage you to stroll through the streets of its old quarter, which boasts being amongst the most beautiful and best preserved in Galicia. Its inns, taverns and restaurants provide good products from the ria and wines with Rías Baixas Denomination of Origin.

If it's a nice day we recommend you take a stroll along the banks of the river Lérez that will lead you to the **marshes of Alba**, catalogued as a Community Interest Site, or up to the island of sculptures, or **Illa das Esculturas**, that can be accessed through a number of bridges and walkways. Here you will not only find works of art with the common denominator of granite, but you will also mingle with the locals, who enjoy this area to play sports, read, walk or have picnics. The water games of ducks, swans, herons and kingfishers will entertain you during your stroll.

But if the weather does not permit it, nothing beats finding shelter in the Naval Rooms of the **Provincial Museum**. In the Numancia Chamber you will be surrounded by the life-like feeling of being in Spain's first armoured ship.

We can have dinner and stay the night at the monastery of San Xoán de Poio

Another essential place to visit is the monastery of San Xoán of Poio, about three kilometres from the city, in the nearby town of Poio and located on a beautiful hill that dominates the estuary. There are many art and bibliographic treasures kept in this building, whose origins date back to the 6th century. As pilgrims, do not miss the huge mosaic *The Way of Saint James*, by the Czech artist Antoine Machourek. Also, the monastery has a hostelry where to dine and sleep.



> Monastery of San Xoán de Poio



> Combarro

| day 4 |

We go out to sea in O Grove

On this day we will experience one of the oddest stages of this pilgrimage; the one that reproduces the "Translatio" of the Apostle Saint James. As it begins at the ria of Arousa and follows a sea-river route, we will spend the morning on a fun tour along the coast until we reach O Grove, the boarding port for this maritime route

We visit the charming town of Combarro, carved out of the rock

To reach O Grove we recommend taking some means of public transport that will take us closer to the main points of interest on this stretch of coastline of the Pontevedra estuary. The first stop will be in Combarro. It is a captivating town due to its fishing village architecture, its stone granaries, stone crosses and its interesting location, sloping on the ria of Pontevedra and carved out of the rock. We suggest following an itinerary that leads from the **Praza de San Roque** square, in the old quarter, up to the **beach of Padrón**. From there we get a breathtaking panoramic view of the town, where we will see about thirty raised stone **granaries** standing right by the sea.

O Grove, the seafood capital

After the visit we continue along the same road toward O Grove, known as the "seafood capital", where we will arrive at lunchtime. The seafood restaurants that are gathered around the harbour all display the delicacies in their "natural" state or cooked, in pies, served in cocktails, *paellas* or accompanied by juicy sauces.

We imitate the “Traslatio” on board a catamaran, from O Grove to Pontecesures

The catamaran that travels The Way of Saint James Route of the Sea of Arousa and River Ulla, emulating the “Traslatio” leaves the port in the afternoon, recreating a legendary journey like the one carried out by the disciples of the Apostle Saint James, transporting his remains in a stone boat from Jaffa (Palestine) to Iria Flavia (Padrón).

We sail the wide ria of Arousa, with varied landscapes that provide stunning views of beaches, coves, capes, islands, towns and fishing villages. Towards the mouth of the **Ulla** we graze the banks of the archipelago of the Malveiras, where we find the first of the stone crosses that constitute the marine *Via Crucis* to **Pontecesures**, the town located upstream, while we leave the pastures of Lestrove and the meadows of Laiño behind us.

We continue following the trail of this legend in Padrón

On the other side of the great stone bridge of Pontecesures is Padrón. Here you will be able to follow the trail of this legend in the **neoclassical church of Santiago**, whose interior houses the “Pedrón”, an ancient Roman altar that, according to legend, the stone boat which carried the remains of the Apostle Saint James was moored to. In the area of the Paseo do Espolón you must find the fountain of O Carmo to discover a beautiful stone relief of the “Traslatio”.



In Caldas de Reis we can enjoy its thermal springs

If you still have some time left in the evening we propose taking some means of transportation to Caldas de Reis, famous for its thermal springs. This is a good way to round off the day by relaxing in its spas, enjoying the benefits of its mineral-medicinal waters or signing up for a repairing massage. If before returning to Padrón to spend the night you decide to dine at Caldas de Reis, try its exquisite lamprey pie or the trout from the river Umia, with a *roscón* (sponge cake ring) for dessert.

Queen Lupa offered the oxen to pull the cart that would transport the remains of the Apostle



| day 5 |

From Padrón to Santiago de Compostela

After breakfast we begin the final stage of the Portuguese Way between Padrón and Santiago de Compostela. At the exit of the villa a sculpture represents a pilgrim walking. This is the starting point for a stage that leads almost in a straight line to **A Escravitude** where its magnificent baroque sanctuary with artistic towers and staircase are worth highlighting. Inside is an altarpiece painted in gold with images and murals.

After a stretch of forest the route crosses the railroad tracks at the hamlet of **Angueira de Suso** and we head down to the street Rúa de Francos, decorated with a gothic stone cross. A detour leads to the ruins of **Castro Lupario**, home to the legendary Queen Lupa (the Wolf queen) who, according to the tradition of The Way, offered the oxen to pull the cart carrying the remains of the Apostle to his place of burial.

We pass a series of little villages such as **Osebe, Casalonga, Pedreira**, each increasingly more populated, until we reach **O Milladoiro**, a town that provides a wide range of services and where we can stop for lunch. After resting we continue our journey towards **Agro dos Monteiros**, from where we get the first glimpse of the towers of the Cathedral of Santiago.

We reach Santiago de Compostela

The old medieval road leaves the ruins of the archiepiscopal castle of **A Rocha Vella** on one side and then reaches the neighbourhood of **A Choupana**, now near the **chapel of Santa Marta**, in the centre of the city of Santiago de Compostela.

We continue along the avenue of **Rosalía de Castro** and **Xoán Carlos I**, leaving the **Alameda** to the left. We enter the old quarter through the **Porta Faxeira**, one of the seven gates to enter the city's medieval wall that today no longer exists. We cross the **Rúa do Franco**, one of the most lively streets in the old quarter, where a large number of restaurants are located and that show the good quality Galician products, mainly meat, fish and seafood by the entrance in fish tanks and refrigerated showcases.

We end the journey at the **Praza do Obradoiro** square, seeking the rewarding sight of the **cathedral's** façade and its towers in all their splendour. The evening light will give a special aura to the snapshot that no pilgrim should miss taking with the majestic temple in the background. For dinner we recommend checking out some of the many nearby restaurants. In addition to hostels, Santiago also offers a wide range of quality accommodation.

A day in Santiago, among stones and gardens

The cathedral and its spectacular surroundings

After breakfast we will first explore the historic old quarter, declared World Heritage Site in 1985. We recommend you postpone the visit to the interior of the cathedral until the hour of the Pilgrim's Mass. Meanwhile, you can take some time to carefully observe the various facades of the temple and visit its surrounding squares and streets to better appreciate their beauty and artistic value.

At the stroke of noon with the deep "C" tone of **A Berenguela**, the largest bell of the cathedral tower housed in its **Clock Tower**, we will head to the interior of the temple. In order to embrace the Apostle we must climb up to the shrine of the main altar, where his effigy is located. Then we can go down to the crypt and stop for a moment before the silver urn where the remains of the Apostle and his disciples Theodore and Athanasius are said to be kept.

On certain liturgical dates the **botafumeiro**, a giant censer, swings in the transept of the cathedral, almost touching the vault. Thick incense mist floods the atmosphere with its scent and magic and provides images and sensations that we will not easily forget.

The park of Bonaval with its desecrated cemetery will astound us

At lunchtime we can choose a restaurant, inn, steakhouse, seafood restaurant or tavern, for Santiago has all this to offer. We will spend the afternoon strolling through the city's green areas. We recommend heading up to **San Domingos de Bonaval**, from where we'll get fantastic views of the city and where we find a desecrated cemetery whose charm and special acoustics make it an ideal stage for occasional musical performances.



> Porta Faxeira. Santiago

Tradition and modernity face-to-face

On one side of the way up to Bonaval Park is the Museo do Pobo Galego (Museum of the Galician People), which houses the most important collection of Galician culture and ethnography. Inside you can marvel at the famous triple spiral staircase, designed by Domingo de Andrade, a masterpiece of harmony and balance. On the other side is the Centro Galego de Arte Contemporánea, which in addition to its content is also interesting because of the building itself, by the Portuguese architect Álvaro Siza.

After dinner we must not miss Santiago's nightlife. We can have a quiet drink in one of its classic pubs and stroll along its streets, which are captivating when the yellow light of the streetlights caresses the stones on the pavement and buildings.



> Centro Galego de Arte Contemporánea - Galician contemporary art centre

The fresh produce market and its "paisanas" (peasant women)

We cannot say farewell to Santiago without visiting its fresh produce market in action. It is the city's main market and the most traditional. We encourage you to explore all the aisles of this magnificent stone building, where your senses will be flooded by countless aromas, colours and sounds. The shopkeepers will continuously invite you to check the quality of their products.

One of its most unusual features is the figure of the "paisanas" (peasant women) that still survives, selling the products from their vegetable gardens, honey from their hives, eggs from their hens and even live chickens from their coops. The most famous are the *pementeiras* (green pepper sellers) from Padrón. In addition, within the market premises some restaurants prepare the products we have purchased for us to eat.



> Fresh produce market. Santiago

The Primitive Route in 4x4



We propose a thrilling experience on a 4x4 to travel the Primitive Way to Santiago, the most ancient and legendary route that leads up to the city of the Apostle Saint James. We will take the 4x4 through trails that cross pine forests on the high eastern mountains of Galicia, which will treat us to spectacular landscapes. Trails blocked by watercourses will test the driver's skill at the wheel, increasing the thrill of the experience.



START_	FURTHER INFORMATION_
A Fonsagrada	→ Fonsagrada Regional Museum. Tel_ 982 340 507
END_	→ Hostel of O Cádavo (Baleira). Tel_ 982 354 057
Santiago de Compostela	→ Museo Vivente do Mel (Arzúa)_ www.abelleiro.com
DAYS_ 4	→ Cathedral of Santiago_ www.catedraldesantiago.es
	→ Fresh Produce Market (Santiago)_ www.mercadodeabastosdesantiago.com



EXPERIENCE



day 1|

- A Fonsagrada
- 1_ Town of A Fonsagrada
- 2_ Fonsagrada Regional Museum
- Baleira
- 3_ O Cádavo
- Begonte
- 4_ Baamonde
- Friol – Guitiriz
- Curtis
- 5_ Teixeira
- Sobrado dos Monxes
- 6_ Monastery of Santa María de Sobrado
- 7_ Lagoon of Sobrado
- Arzúa
- 8_ Town of Arzúa

day 2|

- Arzúa
- 9_ Fervenza das Hortas
- 10_ Museo Vivente do Mel (Live Honey Museum)
- 11_ Reservoir of Portodemouros
- O Pino
- 12_ O Pedrouzo
- Santiago de Compostela
- 13_ A Lavacolla
- 14_ Monte do Gozo
- 15_ Old quarter

day 3|

- Santiago de Compostela
- 16_ Cathedral
- 15_ Old quarter
- 17_ Alameda - tree-lines boulevard
- 18_ Park of Bonaval

day 4|

- Santiago de Compostela
- 19_ Fresh Produce Market



We set off from A Fonsagrada towards Arzúa

In A Fonsagrada we see what life in a mountain village is like

We recommend arriving the previous evening to A Fonsagrada, Galicia's largest municipality and also the municipal capital with the highest altitude in the whole autonomous community, standing nearly one thousand meters above sea level. It is located at one end of the province of Lugo, forming a mountain range that constitutes a natural border with Asturias, with which it shares the **Biosphere Reserve River Eo, Oscos and Terras de Burón**.

Its main access road is the LU-530, which connects it with the province's capital. In the town there are hotels and lodging houses and a large number of country guesthouses as well as some manor houses (*pazos*) where you can stay. If you haven't had dinner along the way, we recommend tasting some of the rich local gastronomy, such as the *botelo*, delicious traditional sausage made from pork ribs seasoned with garlic and paprika, accompanied by boiled potatoes, which are of excellent quality in this area. And, for dessert, the tasty pie from A Fonsagrada, made with almonds and custard.

We recommend getting up early to stroll through the village before hopping on the 4x4's accompanied by the guide and driver. You can visit the **Fonsagrada Regional Museum**, next to the tree-lined avenue known as the Alameda, which offers a good example of the ways of life and labour in a typical mountain county. We will see the reproduction of a cellar, a blacksmith's forge and a *lareira*, or traditional Galician kitchen. There is also a section dedicated to popular architecture that uses drawings, scale models and photographs to show the materials, construction features and types of houses typical of the area.

The *botelo* is a traditional sausage made from pork ribs



We rest in O Cádavo and have lunch in Baamonde

Some time before mid-morning we jump back into the 4x4 and leave A Fonsagrada to tour the territory of this municipality while heading to O Cádavo, always along trails that are authorised for our type of vehicle. The land is hilly with sloping landscapes and contrasting heights between the valleys and peaks.

In this area we can enjoy spectacular mountain landscapes. The roads blocked by the watercourses caused by the water will test the mechanics of our car, adding thrill to the experience. They are not easy to see, but this area is home to wolves, wild boar and deer. It is easier to spot eagles, falcons and other birds of prey.

Our first stop to rest will be in **O Cádavo**, where there is a modern hostel and where one of the stages of the Galician Primitive Way ends. It is said here that a legendary battle took place where Alfonso II The Chaste defeated the Muslim armies, opening the way to Compostela. Place names such as Campo da Matanza (Slaughter Field) and several findings of swords and armour remains continue to feed the legend. Later, as we descend to the area surrounding the capital of the province, the landscape becomes more humanised. The road continues to border Lugo. We can stop for lunch in **Baamonde**.



We visit Sobrado dos Monxes and end the stage in Arzúa

After a rest we go back on track, passing through trails that cross beautiful indigenous oak and chestnut forests in the area of **Friol**, on the way to **Guitiriz**. As we go down to **Teixeiro**, the pine forests give way to pastures and their inhabitants; cows, for this is a major milk-production area.

In the afternoon, the route, though quiet, is not exempt of thrills, for we shall have to wade across one or two rivers in order to reach our destination. Our first stop will be in **Sobrado dos Monxes** by mid-afternoon. We can take the opportunity to visit the **Monastery of Santa Maria de Sobrado**, a National Monument, founded over a thousand years ago. From here a short walk leads us to the **lagoon of Sobrado**, surrounded by meadows and dotted with pines and alders in a mountainous and agricultural landscape of great beauty.

At the end of our visit, back in the 4x4, we pass close to **Arzúa** to complete our journey and stay in any of its hotels, lodging houses, or in the nearby tourist guesthouses, where we can also dine or else we can choose any of the many restaurants that the town has to offer.

Dust, mud, sun and rain is The Way of Saint James. Thousands of pilgrims and over one thousand years

Fragment from an anonymous poem written along The Way



> Cloister of the Monastery of Sobrado dos Monxes



> Live Honey Museum. Arzúa



> Monastery of Sobrado dos Monxes

| day 2 |

From Arzúa to Santiago de Compostela

A 32-metre double waterfall and a honey museum

When you're ready to go in the morning we suggest visiting a beautiful natural site, very close to the village of **Dombodán**. The **Fervenza das Hortas** is a waterfall on the river Saimes, just before it meets the river Ulla, with a 32-metre double-drop.

Nearby is the town of Portodemouros, where the **Museo Vivente do Mel** (Live Honey Museum) is located. Here we will discover how our ancestors farmed honey. Outside there is a reproduction of an *alvariza* (hive) containing *cortizos*, *trobos* and *covos* and a traditional larder. In contrast we will see a modern apiary and inside we can follow the processes for honey extraction, decantation and packaging. The shop sells all types of products related to bees: honey, pollen, royal jelly and even cosmetics. It will be mid-morning by the time we finish the visit, so, weather permitting, we can go for a swim in the nearby **reservoir of Portodemouros**.

In O Pino we taste roast or stewed rooster

In the stage of the journey Arzúa-O Pedrouzo and between here and Santiago we can drive the 4x4 along wide and accessible trails that run close to the historic route. We will stop to have lunch at **O Pedrouzo**, in the municipality of O Pino. Here the specialty is *galo piñeiro*, a breed of indigenous rooster that we can taste either baked or stewed. Its culinary festival is held at the beginning of August.

From the Monte do Gozo we can get a glimpse of the towers of the Cathedral of Santiago

In the afternoon we hop back into the 4x4 and begin a route that passes near **A Lavacolla** and brings us closer to **Monte do Gozo**, a small hill from where pilgrims can see the towers of the cathedral for the first time. Since Holy Year 1993 the area has been upgraded and it is now equipped with all types of services for pilgrims: shelters, a hotel, a restaurant and cafés. To feel the pilgrim atmosphere before reaching Santiago, this is the ideal place.

Tapas dining in the typical streets of Santiago's old quarter

We reach Santiago de Compostela in the evening, so we have to postpone the visit to the cathedral until the following day. However, we can enjoy strolling through the lively streets of the historic old quarter and mingle with pilgrims, university students, tourists and locals.

We recommend tapas dining in the streets of the old quarter, where you will find the typical Galician helpings with the "essentials" from its cuisine: *empanada* (Galician pie), octopus *á feira* style, stewed meat (*ao caldeiro*), cockles, mussels, *raxo*, *zorza*, Padrón green peppers, sardines (*xoubas*), and even pig's ear. Do not miss tasting the *Tarta de Santiago* (almond cake) for dessert, as well as the wines from Galicia's different denominations of origin. As for accommodation, the city holds numerous hotels to suit all tastes and needs.

| day 3 |

The jewels of the cathedral and the gardens of the old quarter

A surprising tour of the cathedral's rooftop

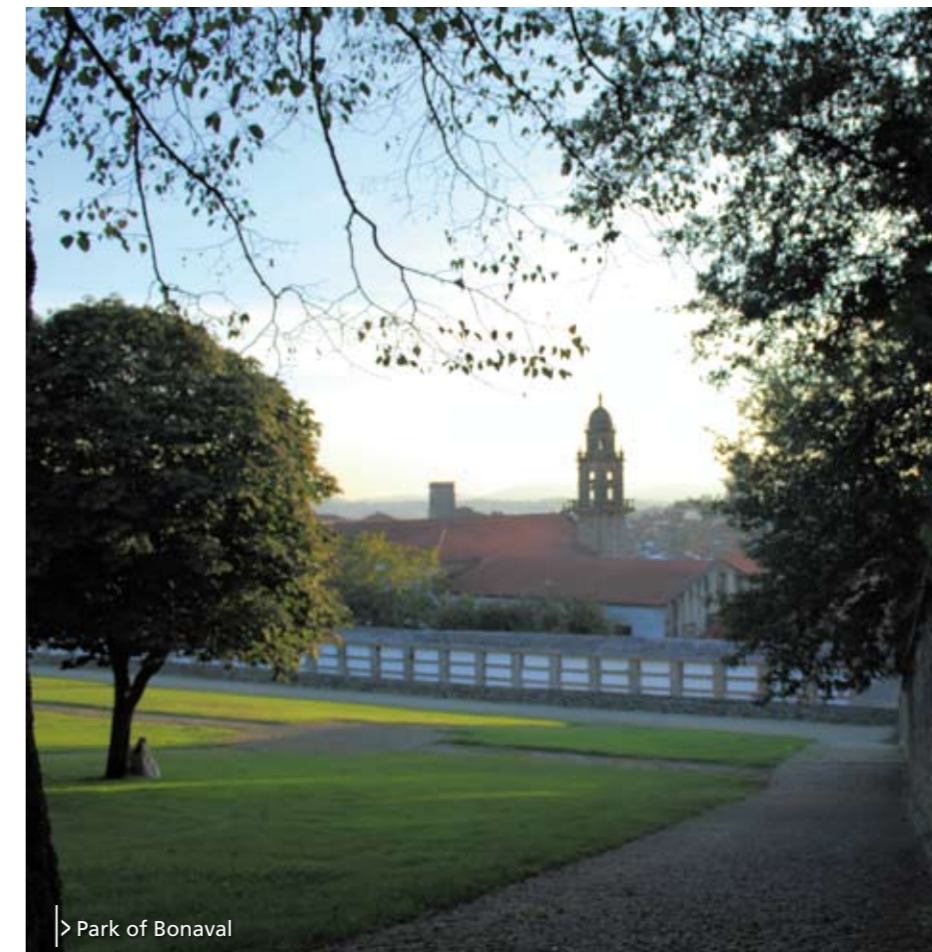
After breakfast we propose discovering the cathedral from a different perspective, by climbing up to its rooftop. The visit consists of a guided tour that includes two consecutive itineraries. The first one is the **Pazo de Xelmírez**, one of the main civil works of Spanish Romanesque architecture and centre of the feudal power that was exercised by the church in Santiago. You will marvel at the great 32-metre long vault in the Synodal Hall, whose corbels are decorated with scenes from a lively banquet.

We then climb up the narrow stairs of the **Palace tower** to tour the whole area of tiered rooftop, which offers a much better understanding of the different ages of the cathedral and their respective styles. But the greatest sensation will be to have the towers, domes and spires of the cathedral at our fingertips and to see the city's rooftops all the way across to the surrounding hills.





> San Lourenzo chestnut grove



> Park of Bonaval

We embrace the Apostle and visit his relics

We enter the temple through the **Praza do Obradoiro**, with the impressive baroque facade presided over by the Apostle Saint James portrayed as a pilgrim with cape and staff. We climb up the double exterior staircase and inside we are met by the magnificent view of the gate **Pórtico da Gloria**, a masterpiece of Spanish Romanesque sculpture. Again the Apostle Saint James is portrayed in the mullion, where halfway up we also find the sunken handprints of pilgrims in the marble. There are many treasures and rites kept within the cathedral's walls. One of the main rites is embracing the Apostle when climbing up to the shrine by the main altar. We can also stop to visit his relics, kept in a silver urn in the crypt below the main altar.

We try the fish and seafood from the Galician rias

It will be almost lunchtime when we finish the visit, so on the second day we suggest tasting the excellent fish stew (*caldeirada*), prepared Galician style (with olive, oil and paprika) and seafood from the Galician rias, steamed, grilled or accompanied by different sauces, which we can enjoy in the restaurants or seafood restaurants that line the streets Rúa do Franco, Raíña and other neighbouring streets.

From the Alameda (tree-lined boulevard) to the Park of Bonaval

An option for the afternoon is discovering the parks and gardens of the old quarter. The most popular is the Alameda, the city's lung. The boulevard **Paseo dos Leóns** provides the best views of the cathedral, especially with the light of the setting sun. Camellia trees, giant eucalypti, ancient oaks, sculptures, fountains and even some churches will entertain us during our tour.

The Park of San Domingos de Bonaval, located on the western slope of Monte da Almáciga, offers another splendid view of the city. As we climb up the hillside we begin to see buildings and their rooftops. This park has unique and beautiful sites, such as a desecrated cemetery, which because of its special acoustics and atmosphere is sometimes used as a venue for musical performances.

In the evening we suggest grabbing dinner and trying any of the dishes created by the chefs of the new Galician cuisine in any of the city's signature restaurants.



| day 4 |

We say farewell to Santiago at the fresh produce market

As a final farewell to the city, a visit to the Fresh Produce Market is an enriching experience, since it is a lively place where you can mingle with the locals and find everything that Galicia's sea and land produces. Fresh fish and seafood from the ria, excellent meat, cheese, honey, flowers... and even live chickens and other farm products in the market gardens close to the city are sold in this square. The market's premises hold many restaurants that offer to prepare the products we have just purchased at a reasonable price.



> Fresh produce market

Wine-drinking along the Vía da Prata

This specific pilgrimage combines the captivating Galician landscapes of the Vía da Prata with the wealth of the wine lands it crosses. Stone manor houses, towers and fortresses, monasteries and churches are there to greet us, together with wine cellars with up to three of the five wine denominations of origin that exist in Galicia. We will discover and enjoy the excellent local wines that they produce.



> Monastery of San Clodio

START_
Verín
END_
Santiago de Compostela
DAYS_7

FURTHER INFORMATION_
→ Verín Parador. Tel_ **988 410 075**
→ Laias Spa (Cenlle). Tel_ **988 280 409**
→ Monastery of Oseira (San Cristovo de Cea)_ www.mosteirodeoseira.org
→ Bread from Cea_ www.pandecea.org
→ Collegiate Church of Sar (Santiago)_ www.colegiatadesar.com



7
EXPERIENCE

- day 1|
Verín
1_ Parador
Monterrei
2_ Monterrei castle
Verín
3_ Casa do Asistente - house
- day 2|
Trasmiras
4_ Village of Trasmiras
5_ Church of Santa María de Zos
Xinzo de Limia
6_ Boado
7_ Xinzo de Limia
Verín
8_ Vilaza
9_ Pazos
- day 3|
Xinzo de Limia
7_ Town of Xinzo de Limia
Sandiás
10_ Vilarinho das Poldras – Couso de Limia – Sandiás
Allariz
11_ Augas Santas
Ourense
12_ Old quarter
13_ Fountain of As Burgas
14_ Cathedral
Cenlle
15_ Laias spa
- day 4|
Amoeiro
16_ San Paio de Bóveda
Vilamarín
17_ Tamallancos
18_ Sobreira
19_ Manor house of Vilamarín
San Cristovo de Cea
20_ Faramontaos
21_ Biduedo
Ribadavia
22_ Town of Ribadavia
23_ Jewish quarter
24_ Counts of Ribadavia castle
Leiro
25_ San Clodio
Cenlle
15_ Laias spa
- day 5|
San Cristovo de Cea
26_ Town of Cea
27_ Monastery of Santa María a Real de Oseira
Dozón
28_ Alto de San Domingos
Vila de Cruces
29_ Town of Vila de Cruces



- day 6|
Boqueixón
30_ Lestedo
- Santiago de Compostela
31_ A Susana
32_ Paradela
33_ Rúa da Ponte do Sar - street
34_ Collegiate church of Sar
35_ Castrón Douro
36_ Santo Antonio - fountain
37_ Old quarter
38_ Mazarelos - arch
39_ Praza da Universidade - square
40_ Costa de Xelmírez
41_ Praza das Praterías - square
42_ Praza do Obradoiro - square

- 43_ Cathedral
44_ Rúa do Franco - street
37_ Old Quarter
45_ Tree-lined boulevard (Alameda)
46_ Park of Bonaval
37_ Old quarter
- day 7|
Santiago de Compostela
47_ Cathedral's rooftop
48_ Preguntoiro - street
49_ Praza de Cervantes - square
50_ Acibechería - street
51_ Fresh Produce Market
37_ Old quarter

The Way starts in Verín, a town reigned by the castle of Monterrei

We recommend arriving in Verín in the afternoon. This is a villa of legendary *entroidos* (carnivals), in the valley of the river Támega and in the district's capital. It is one of the main towns in the province of Ourense, close to Portugal, located on one of the turnoffs along the Southeast Way-Vía da Prata. The villa offers a wide range of accommodation, boasting the **Parador**, at the foot of the **medieval fortress of Monterrei**. Both are signposted on the N-525, the road that brings us to the town and that can also be accessed from the A-52.

After settling in at our chosen accommodation we can visit this acropolis, Galicia's largest according to many authors and that for 800 years has watched over the frontier with neighbouring Portugal and dominates the valley. From the Parador we can go uphill by foot, which is the best way of observing the triple wall and all the buildings of the imposing fortress, built between the 12th and 17th centuries.

In the parade ground we find the so-called "green well", surrounded by legends of infidelities and suicides, such as that of the wife of Peter the Cruel. Do not miss the opportunity to climb up the **Homage Tower**, an impressive 22-metre high stone structure, offering a view of several kilometres of landscape dotted with vineyards, orchards, small villages and Verín at its feet.

For dinner, octopus *á feira* style, cod or *androlla* (sausage)

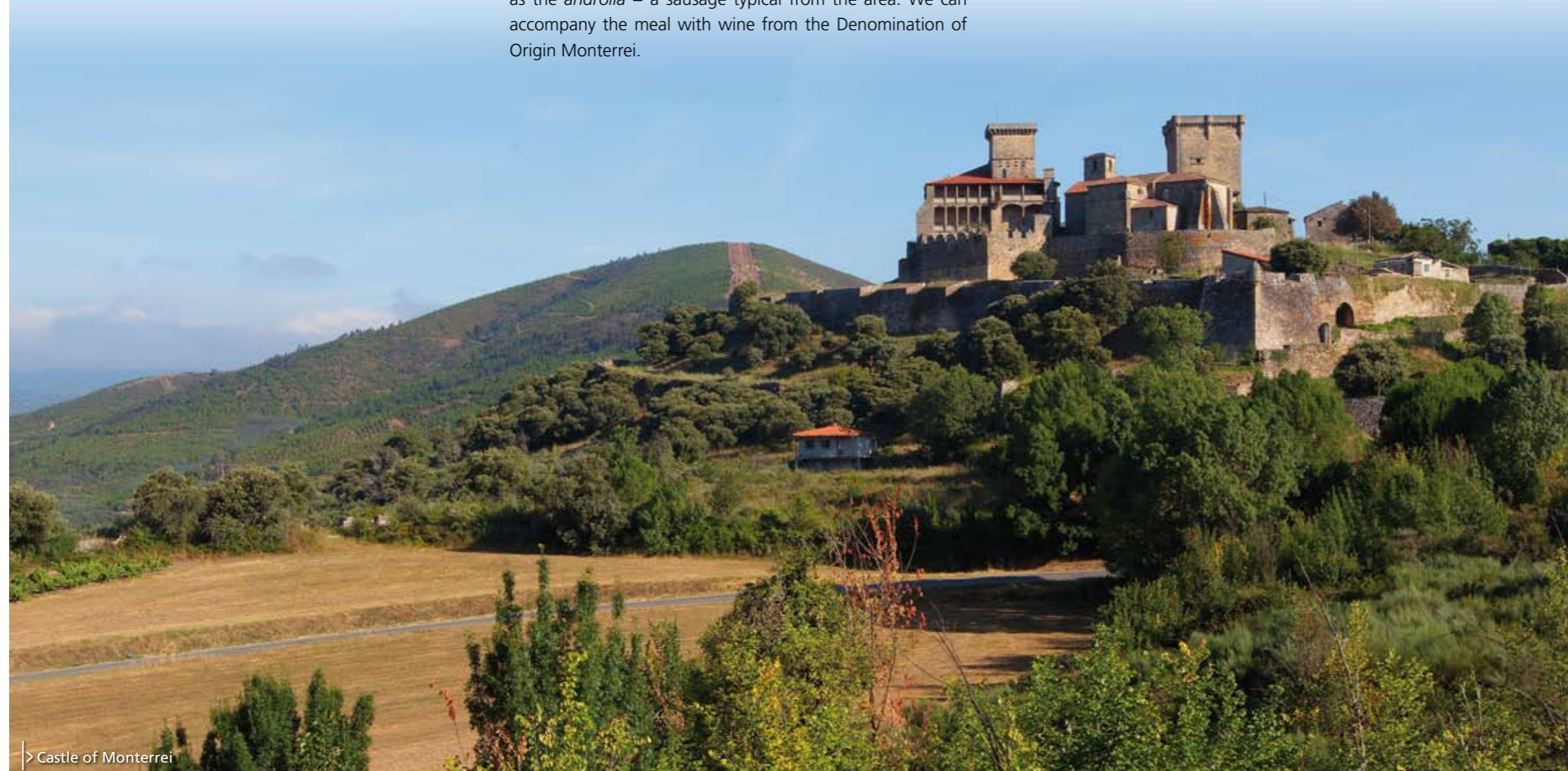
At the end of the itinerary, we come down from the villa. If you love heraldry you will be impressed by the coat of arms that decorates the facade of the house **Casa do Asistente**, next to the bridge that crosses the river Támega. At dinner time we recommend its famous octopus *á feira* style, the cod or the delicacies resulting from the slaughter of the pig, such as the *androlla* – a sausage typical from the area. We can accompany the meal with wine from the Denomination of Origin Monterrei.



> Casa do Asistente - house. Verín



> Parish church of Verín



> Castle of Monterrei

From Verín to Xinzo de Limia

After breakfast we continue towards the village of **Trasmiras**, set in the region of A Limia, and from there we begin the walk along the stage of the Vía da Prata that leads to Xinzo de Limia. We pass the village of Zos, where we find the lovely doorway with three archivolt of the **church of Santa María**, that still preserves its entire Romanesque structure and the south gate's original tympanum.

Next comes **Boado**. As we walk we discover a landscape with great ecological value and that serves as shelter to many birds, whereby it is not uncommon to find stork nests or other bird nests. We arrive in **Xinzo de Limia** at lunchtime. In this town we can taste our way through delicacies such as the excellent *lacón con grelos* (pork shoulder with greens) or beef, lamb or kid, as always nicely accompanied by the famous potatoes with Denomination of Origin that are produced in the region.

We visit several wine cellars with Denomination of Origin Monterrei

After a rest we return to the area surrounding Verín to discover some of the wineries with Denomination of Origin Monterrei, their vineyards and their wine production process. In the village of Vilaza we can stroll through the vineyards of *treixadura* grapes and will learn to distinguish the *godello* grape variety, touching the vines, the leaves and the grapes. Then we taste their wines. And in the village of **Pazos** we visit another of the wineries representing the denomination and its vineyards, which spread out over the valley with a mountain backdrop and watched over by the fortress of Monterrei. At the end of the tour you can have dinner at one of the town's inns where the specialty is the barbecued meat.

From Xinzo de Limia to Ourense

After breakfast we walk a new stage of the Vía da Prata, beginning at Xinzo de Limia. From here we will walk the stretch that crosses the town and the villages of **Vilariño das Poldras**, **Couso de Limia** and **Sandiás**, where we can climb up to the nearby tower that stands over an ancient settlement (*castro*) that was located at the foot of **Lagoa de Antela**, a lagoon that is now dry.

A wide panoramic view dominates the plains that are covered by potato plantations and small rural nuclei in the area that was formerly part of the lagoon. We get a glimpse of the **towers of A Pena** and **A Porqueira**, high up in the mountains. Originally they were four towers and it is said that they were connected by passageways, where, according to the elders of the town, there are dark dungeons.

In Augas Santas we taste its typical sheep's cheese and coffee liqueur

We end the tour in the village of Augas Santas, close to Allariz, where we find one of Galicia's loveliest old quarters and the perfect place to grab a bite. We suggest ordering dishes that include the best of the territory's rich gastronomy, beginning with an entree of Queixo do Rexo (sheep cheese) and local sausages. Don't miss the delicious *empanadas* (Galician pies) For dessert let yourself be seduced by the *almendrados* (almond pastries), the famous *Torta Real* (cake) or the typical *melindres* (biscuits) accompanied by the delicious locally made coffee liqueur.

We head towards Ourense, Galicia's thermae capital

An excellent plan for the afternoon is taking some means of transportation to Ourense, to visit the thermae capital of Galicia and stroll through its old quarter. One of its symbols is the **fountain of As Burgas**, from where smoky medicinal water springs at 67 degrees from the spout of its neo-classical fountain. We can fill a bottle with water to take home with us, like the locals do. A legend fosters two versions about the spring: one says that it comes from a volcano that rests under the city and another that it is located below the chapel of the Holy Christ, in the **cathedral**, which is a must-see.



> Augas Santas



> River Arnoia. Allariz



> Entroido - carnival. Xinzo de Limia



> As Burgas - hot springs. Ourense



> Centro Cultural Marcos Valcárcel - culture centre. Ourense



> Tower of A Pena. Xinzo de Limia

We end the day relaxing at the Laias spa

In addition to its wine culture, the lands of O Ribeiro are also rich in thermal spas. To take advantage of both we can move on to Laias, in the municipality of **Cenlle**, where we can also find accommodation. A perfect way to spend the rest of the afternoon is relaxing in the spa, surrounded by the river landscape of the Miño river and we can round off the day with a nice dinner accompanied by **wines with Denomination of Origin O Ribeiro**. To spend the night we can stay in the spa or return to Ourense, that offers a wide and varied range of hotels and lodging houses.



> Pazo de Vilamarín - manor house



> San Francisco. Ribadavia

| day 4 |

First part of the stage San Paio de Bóveda-Carballeda

We visit the Pazo de Vilamarín

After breakfast we continue our own special pilgrimage by completing the first part of the stage San Paio Boveda-Carballeda. From San Paio, in the Ourense municipality of **Amoeiro**, we continue to **Tamallancos** and **Sobreira**. Here we can take a detour to visit the **Pazo de Vilamarín**, whose structure is that of a castle-fortress. It is located in a completely rural environment, next to the village of Fondevila, on a hill inside a large estate. Entrance is free and we can even access the turrets. Inside, one of the most interesting elements is the traditional Galician kitchen, or *lareira*, with a huge smoke stack resting on two pillars with moulded capitals. After the visit we continue to **Faramontaos** or **Biduedo**, if we are up to it.

We have lunch in Ribadavia, wine capital of O Ribeiro

At lunchtime we recommend hiring some means of transportation to get to Ribadavia, the wine capital of the Ribeiro wine Denomination of Origin. There are interesting wine cellars with restaurant that serve fine wines from the local denomination to accompany the menu. For dessert we suggest trying some tasty Jewish sweets from the old **Jewish quarter**.

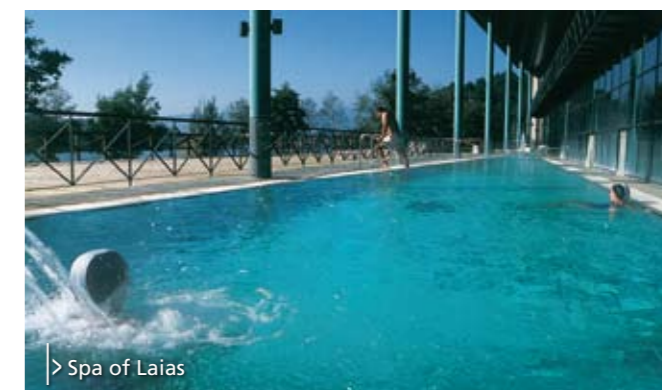
This villa is rich in art and history. An interesting visit are the ruins of the **castle of the Counts of Ribadavia**, where the greatness of one of Galicia's most important fortresses can be perceived.



> Jewish quarter. Ribadavia

We tour a wine cellar and sign up for a spa session

We can round off the afternoon by discovering one of the wineries with the local wine denomination, **San Clodio**, in the geographical birthplace of these wines, in the neighbouring municipality of **Leiro**. We will have the chance to stroll through its large vineyards of *treixadura* vines and then taste its wines. After the visit we round off the day signing up for a thermal spa session or massage at the **Laias spa** before dinner.



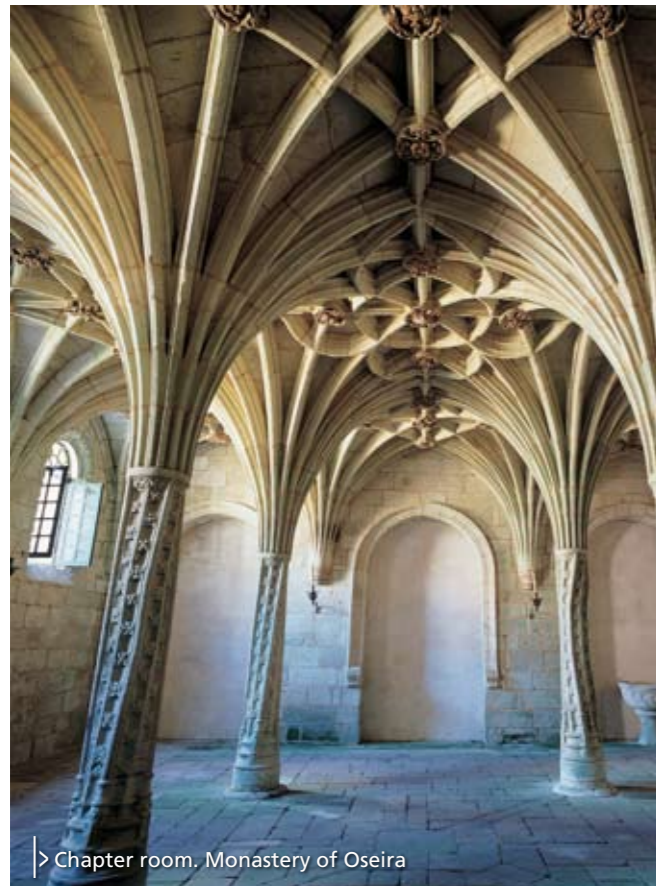
> Spa of Laias

From Cea to Vila de Cruces

We taste the bread from Cea and the special liqueur produced by the monks of Oseira

After a hearty breakfast we continue along the Vía da Prata. As a reference we can use the stage Biduedo-Carballeda, but we suggest starting before that, in Cea, a town famous for its bread that today boasts the protected geographical indication. Pilgrims from long ago already sought shelter by the heat of its ovens and then took their bun with them to nibble on along the way. Today you can easily stock up on bread, for there are many signs that lead to the town's bakeries.

The story of this bread runs parallel to that of the **monastery of Santa María a Real of Oseira**. Back in the 13th century the villa was the main supplier of bread in Galicia thanks to the monks from the Cistercian monastery, that we can get to from Cea. It's size, artistic value and its natural location, between mountains, will amaze us. There we suggest you try the "Eucaliptine", a special liqueur made by the monks out of eucalyptus leaves. At the end of the visit we go back to the road and head towards **Dozón** and climb up towards **Alto de San Domingos** or as far as we can make it.



> Chapter room. Monastery of Oseira



> Bridge in Ledesma, on the river Ulla



> Monastery of Santa María a Real de Oseira



> Bread from Cea

We discover the vineyards by the riverbanks of the Ulla, land of grape eau-de-vies

We propose discovering how wines and liqueurs are processed in the valley of the river Ulla – a land of great tradition in grape eau-de-vie and quite close to Santiago – at a wine cellar with **Rías Baixas Denomination of Origin**, in the municipality of **Vila de Cruces**. We suggest having lunch at one of the several country guesthouses that offer good cuisine and accommodation for the night. We can request that they prepare their famous baked farmhouse rooster for us.

Good cuisine goes hand in hand with spectacular landscapes carved by water and it is no wonder that these lands are part of the River Network Ulla-Deza . After a rest we move on to the riverbanks of the Ulla to get to know its vineyards and learn more about the real "granite viticulture ", known as such because of the composition of this soil, where the *albariña* grape also grows.

At the end of the visit we return to the rural accommodation for dinner. We recommend fish, given that this river basin is plentiful in salmon, although there are also good trout and eels.

From Lestedo to Santiago de Compostela

After breakfast we will be prepared to walk the last stretch of the Vía da Prata. We start off at Lestedo, in the municipality of **Boqueixón**, from where a little over ten kilometres separate us from the Cathedral of Santiago. As we walk we will leave the shadow of the **Pico Sacro**, focal point of many Way of Saint James legends behind us.

Further on we cross the villages of **A Susana** and **Paradela**, reaching Santiago de Compostela through the **Rúa da Ponte do Sar**, while to the left we see the Collegiate Church of Sar. Its clearly visibly slanting walls are stunning. To really get a good look you must visit its interior, where you will see why there are thick buttresses on the outside, that were later added to the building, between the 17th and 18th centuries.

We then have to tackle the hill to **Castrón Douro**, a street that is as beautiful as steep. We cross the **Fonte de Santo Antonio** and enter right into the “almond” – the old quarter – of Santiago through the **Archway of Mazarelos**, the only gate of the medieval city wall that is still standing.

Behind the **Praza da Universidade** square, we go downhill along **Costa de Xelmírez** and reach the **Praza das Praterías** square, with multiple and varied stone treasures, such as the **Casa do Cabido** or the **Clock Tower**. This tower houses the cathedral’s largest bell, the Berenguela, that at noon announces the Pilgrim’s Mass. Then we go down and turn the corner to the **Praza de Obradoiro**, the longed-for destination for pilgrims.

We fulfil all the rites inside the cathedral and grab lunch in the popular street Rúa do Franco

In the interior of the cathedral we can fulfil all the rituals associated with the pilgrimage, such as the tradition of embracing the Apostle or visiting his relics by going down to the crypt below the main altar, where they are kept in a silver urn. When we are through we will take a tour to see the other cathedral facades and squares, all different and extremely beautiful.

At lunchtime, the street Rúa do Franco, that communicates directly with the Praza do Obradoiro, is a showcase for the best of Galicia’s cuisine: seafood and meat. And, for dessert, the traditional **Tarta de Santiago**, a delight made from almonds.

A Berenguela,
Cathedral of Santiago’s Clock Tower bell,
calls to the Pilgrim’s Mass
at noon

We stroll through the city’s gardens and go “wine-drinking” in the old quarter

We spend the afternoon strolling around the monuments area. We find many buildings of different styles that can be visited. And if what we really want is to be out in the open, Santiago’s gardens will delight us. The elegance of the nineteenth century boulevard **Paseo da Alameda** or the spirituality of the **park of Bonaval** are only a few of the many options that the centre of city has to offer.

By evening we will have worked up an appetite. A very deep-rooted tradition is to “go to wine-drinking” around the streets of the old quarter, accompanying Galician wines with the typical helpings or *pinchos* (bites) to suit all tastes.

Compostela as a World Heritage city, open and hospitable, has a wide and varied range of accommodation. A lodging house or a charming hotel in the old quarter can be a good option to continue enjoying the city the following morning.

We visit the cathedral’s rooftop

After breakfast we propose going up to the rooftop of the cathedral, which will offer us a whole new perspective of the city; practically a bird’s eye view. Afterwards we can venture around streets such as Preguntoiro, the Praza de Cervantes square, Acibechería or even the Fresh Produce Market if we want to do some last-minute shopping. To round off the morning we can rest at one of the charming cafés in the historic area.



> Collegiate church of Sar



> Cathedral. Praterías facade



