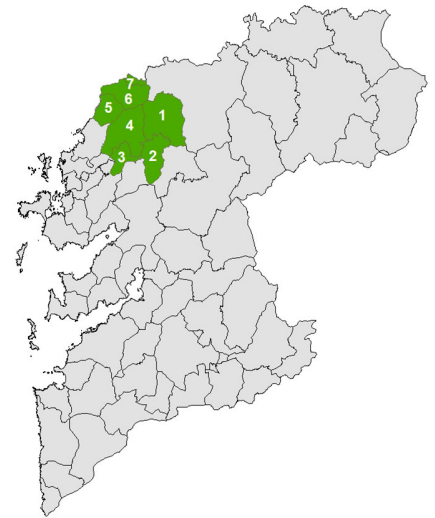


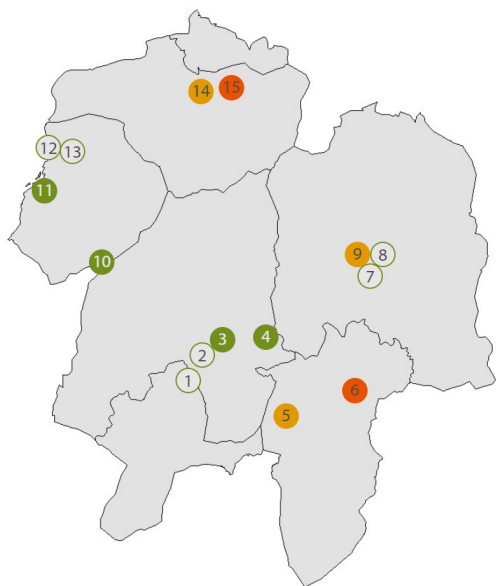
Enjoy the region of Caldas and immerse yourself in its waters. The sea, peaceful estuaries, rivers and healing waters gushing from springs shape the landscape and define the history of the region. Along their course, the rivers Ulla and Umia and their tributaries adorn the landscape with lagoons, waterfalls and leafy forests, which are surrounded by legends and stories.

Visit the towns of Valga, Catoira, Caldas de Reis, Cuntis, Moraña, Pontecesures and Portas, and be seduced by the water. The region of Caldas comprises the estuary of the Ulla River to the north and the middle and upper courses of the Umia River to the south. This area has abundant surface water - rivers - and plenty of underground water with therapeutic properties. The origin of the region and of the first settlements in Caldas is linked precisely to the hot springs, already used by the Romans, and which were later enjoyed in luxurious spas in the 19th century.

The rivers shape landscapes of stunning beauty and along their course pass through wild forests, rocks and mosses, lagoons and pools of green water and high cascades, to end in estuaries and wetlands, a refuge for migratory birds. Moreover, these rivers have also been part of the history of this land. This is evidenced by the large number of bridges, many of them built by the Romans, which facilitated the communication between the people of both banks, or by the fortress Torres de Oeste, which served to control the traffic along the Ulla River. It is worth a visit to any of the museums or interpretation centres aimed at promoting this natural and cultural heritage. One of them is the Museo da Historia de Valga, which brings us closer to the history of the town and shows us the important natural heritage of the estuary of the Ulla River.



- 1 - Cuntis
- 2 - Moraña
- 3 - Portas
- 4 - Caldas de Reis
- 5 - Catoira
- 6 - Valga
- 7 - Pontecesures



## MUSEUMS

### 6 Centro de Investigación e Divulgación do Patrimonio Cultural

Located in the old school of Santa Xusta, this centre aimed at researching and disseminating the cultural heritage and history of Moraña, includes a replica of a former school classroom, and shows the ancient rites and traditional trades.

### 15 Museo da Historia de Valga –Bella Otero

It provides information about the natural heritage of the region and takes visitors on a journey through the history of Valga, from the first settlers to contemporary times. The honorary citizens of the town include La Bella Otero and the historian Xesús Ferro Couselo. It has an adjoining building that is a replica of a traditional house.

## OTHER POINTS OF INTEREST

### 1 Sugar factory in Portas

A former sugar factory, which currently houses a public nursery school for 0-3 year olds, an open-air auditorium and an exhibition room displaying collections of doll houses, painting and sculpture. The chimney of the old factory now serves as a viewpoint.

### 2 The Bermaña Bridge

The Bermaña Bridge is a granite stonework bridge built in the Roman period. It consists of three semi-circular arches and triangular starlings. It was restored and renovated on several occasions in the 17th century. The pilgrims following the Portuguese Way to Santiago de Compostela pass through this bridge.

### 7 Castro of Castrolandín and Interpretation Centre

It is a fortified hillfort settlement from the Iron Age. Occupied from the 4th century BC to the 1st century AD, it is placed on a granite spur at the bottom of the valley of the Gallo River. The *castro* has an oval shape and consists of a wall, a rampart, and a central crown. The archaeological site has information panels that show the different uses of the construction, the defensive system or the stunning entry to the settlement with a staircase and towers. There is also an interpretation centre in downtown Cuntis, aimed at promoting the *castro* culture and displaying some pieces found in the archaeological

site, such as the grain mills, pottery... It also shows elements of the everyday life of the old settlers like the *lareira* (the hearth) or a loom as well as a pottery workshop, aimed at reproducing the old pieces documented in Castrolandín.

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## 8 Spas in Cuntis

The spa tradition in Cuntis dates back to the Roman times and has continued up to the present day. It is one of the most important spa destinations in Galicia. There, it is worth staying at the Hotel de la Virgen, with large gardens and directly connected to the spa, or at the Hotel Castro do Balneario, a refurbished traditional manor house that also offers thermal treatments.

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## 12 Fortress Torres de Oeste

The fortress Torres de Oeste dates from the pre-Roman period, during the *castro* era, 2nd and 1st centuries BC. In the Middle Ages, this spot was one of the most important forts in Galicia, as it controlled the traffic in the Ulla River. Today, the only remains left of the building are two towers and the chapel.

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## 13 Romería Vikinga (Catoira)

It is a festival of International Tourist Interest that commemorates the Norman raids that took place in the 12th century in Galicia. The most eye-catching attraction is the reenactment of the Viking's landing and the attack on the Torres de Oeste.

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# CULINARY MOMENTS

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## 5 Festa do Carneiro ao Espeto (Moraña)

Festival of Tourist Interest in Galicia that is held at the oak grove of Santa Lucía, in which lambs are roasted slowly over oak wood coals on a spit. Meat is served accompanied by other products such as *empanada* (savory pie filled with seasonal products), bread or a good local wine.

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## 9 Festa do Lacón con Grelos (Cuntis)

Festival of Tourist Interest in Galicia that is held after Carnival Sunday, with the Burial of the Chapante and the tasting of portions of *lacón con grelos* (pork shoulder ham with turnip tops) and *filloas* (Galician crêpes).

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## 14 Festa da Anguía e Mostra da Caña do País

A food festival in praise of typical products from Ulla: the European eel and the *augardente* (liquor) or *caña do país*. Both products can be enjoyed in a variety of ways. At the end of the festival there is the *conxuro* (spell), the tasting of *rosquillas de augardente* (pastries with liquor) and the grand *queimada* (typical Galician alcoholic beverage).

## NATURAL SPOTS

### 3 Oak grove and botanic garden

It is a natural area by the Umia River, in the centre of the town of Caldas de Reis and declared Picturesque Spot and Historical Garden. It has species from the five continents, a great variety of camellias and an oak grove with centenary specimens. Its history has been linked to the spa tradition and the creation of romantic landscapes in the 19th century.

### 4 Bridge and cascade of Segade

A Roman bridge over the Umia River, which was crossed by the road that connected the towns of Tui and Caldas de Reis and was renovated in 1729. Nearby, Segade, a landscape with cascades and pools of great beauty, stands out. In the surroundings, there are the remains of an old light factory and several watermills.

### 10 Xiabre Hill (Caldas de Reis, Catoira and Vilagarcía de Arousa)

It is a coastal hill up to 641 metres high and the source of many rivers, such as Rego de San Cibrán, Freixeiro or Rego do Beco. At the top, there is a viewpoint that offers spectacular views of the Arousa estuary, Caldas de Reis and the Ulla Valley.

### 11 Lagoon of Pedras Miúdas

Wetland listed in the Inventory of Wetlands of Galicia, created in the basin of an old quarry in Catoira. It is an example of environmental remediation.

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## MORE SUGGESTIONS

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### OTHER POINTS OF INTEREST

#### Fountain of Caldas de Reis

Dating from 1881, this fountain has two spouts adorned with lion heads, pouring hot chloride-sodium sulphide waters, especially indicated for respiratory and rheumatic conditions.

#### Hotel-Balneario Dávila 🇵🇹 and Hotel-Balneario Acuña

Caldas de Reis has been an important thermal town with a hot spring pouring chloride-sodium sulphide waters with healing properties. Today, there are two spas: the Balneario Acuña, built in the early 20th century, and the Balneario Dávila, an old bathhouse that became a spa in 1880.

#### Roman bridge

A bridge over the Ulla River dating from the 1st century that has been renovated on several occasions; the most important works took place in the 12th century by Master Mateo. It has ten arches and the Portuguese pilgrimage route to Santiago de Compostela runs through it, thus connecting the provinces of A Coruña and Pontevedra.

#### Artisanal Nativity scene in Valga 🇵🇹

It is one of the most outstanding Nativity scenes in Galicia due to its dimensions: it displays more than 3,000 pieces covering an area of 250 m². Moreover, it is famous for including not only religious figures but also elements of the present moment.

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*Lugar Campo, 10, Ulla-Umia, 36670 Cuntis*

### NATURAL SPOTS

#### Umia River

Its origin is in the parish of Aciveiro (Forcarei). This river is filled with stories of muleteers that followed the riverpaths. In the town of Moraña it is a fast-flowing river, but it flows slowly as it passes through Ribadumia, a town with plenty of Albariño vineyards. Finally, it flows into the coastal inlet Ría de Arousa, creating the protected space of the Bodeira Lagoon and the wetlands of O Vao and Punta Carreirón.