# THRILLING

Motorcycle Routes

**EXPERIENCE THE RÍAS BAIXAS** 





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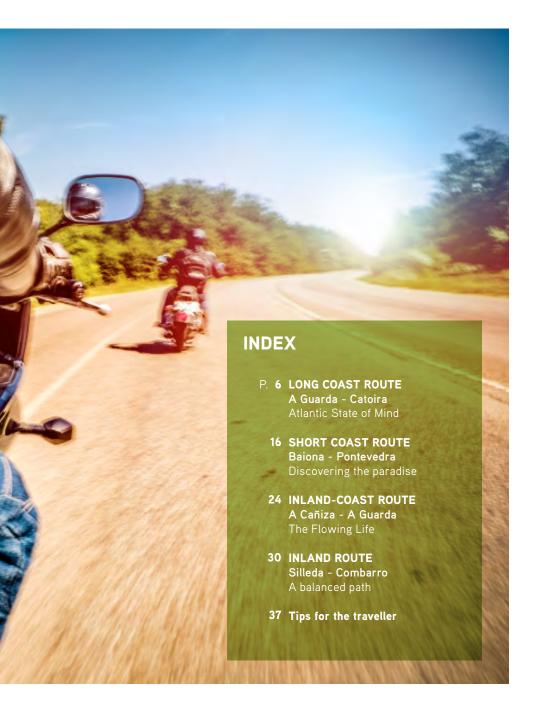


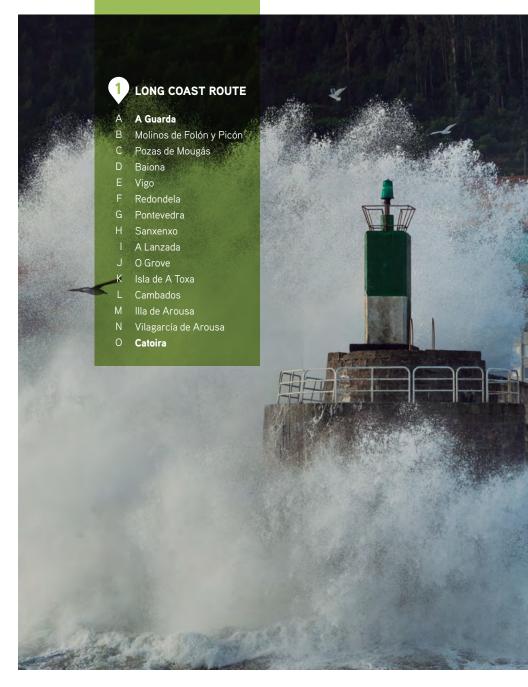
# The journey you always dreamed of

EXPERIENCE THE RÍAS BAIXAS

They say that whoever proves it is doomed. That once you make your first motorcycle trip, you will not be the same again. In this guide we want you to imagine yourself touring the Rías Baixas from one end to the other with your two-wheeled partner, because if you can imagine it, it is likely to come true. We can assure you that this is a special place and what you are going to experience is unprecedented: natural beauty, an ancient culture, dreamlike landscapes and, above all, people like no other. The Rías Baixas will leave a mark on you. Let yourself be conquered.

















# Atlantic State of Mind

#### A GUARDA - CATOIRA

165 km approx.

# A Starting point: A Guarda

This route begins in A Guarda, a small town in the southern most point of the Rías Baixas. Next to this town (or perhaps the other way around), we find the Miño river. To the other side, Portugal. Before starting your motorcycle route, we suggest you visit the archaeological site of Santa Trega, one of Galicia's most visited tourist and cultural resources and whose oldest remains date back to the 4th century BC.

# Landmark: Molinos de Folón y Picón

The watermills of O Folón and O Picón, to which you will arrive from A Guarda by PO-353, are part of the rich ethnographic heritage owned by the Rías Baixas and they are a perfect first stop for this trip. The natural landscape surrounding them is fascinating and perfectly portrays the natural beauty of the O Rosal region.







# Landmark: Pozas de Mougás

Begin to familiarise yourself with the Atlantic Ocean through roads, with stunning cliffs, and sea views. We recommend you to head to the Pozas de Mougás, in Oia, via the Baiona-A Guarda / PO-552 road. These pools are a unique natural spot, where you can enjoy the spectacular tour offered by the water; the outstanding remains of a hill fort settlement (like the Castro of Cabeciña); and valuable religious architecture such as the Monastery of Santa María de Oia, founded in 1137.





# Stop: Baiona

Continue to enjoy the sea air and spectacular scenery along the road Baiona-A Guarda / PO-552 until you reach Baiona, a beautiful and elegant seaside villa protected from the sea by a bay where the formidable Fortress of Monterreal is located, now converted into a State-owned Hotel. Its rich heritage is such that its old town has been declared a Historic-Artistic Site. Compulsory stop.





# Stop: Vigo

The next stop on this route will be Vigo, the largest city in Galicia. You can reach it by several roads, but we recommend you to take the PO-552 to enjoy a landscape crowned by the majestic Cíes Islands. Unforgettable.

Already in Vigo, the city offers you plenty of things to do and places to visit. No matter how your stop is (more or less durable), we recommend that you do not miss Monte do Castro, in the centre (and highest point) of the city, and take the opportunity to visit its site with castro-culture remains from the II century BC and III AC. Also, make some good photos of the spectacular views that this park offers you.



Bonus Track! If you decide to stay longer, take the boat and visit the Cíes Islands, which are part of the Atlantic Islands Maritime-Terrestrial National Park and where you can enjoy the reputed best beach in the world (Rodas beach) and a natural beauty that you will end up calling paradise.





# I andmark: Redondela

Redondela has a rich historical, cultural and natural heritage. It is here where you can contemplate the great Rande Bridge, which at the time was the longest cable-stayed bridge in the world. At the bottom of the estuary, we find the cove of San Simon, which houses the archipelago of the same name, formed by four islands loaded with history and popular legends and where the famous Battle of Rande was forged. Here we also find the so-called best bench in the world, which you can approach first with your motorcycle and then by walking down a cobbled path.

To get to Redondela from Vigo, first take the PO-323 towards Chapela and then, before reaching the Rande Bridge, take the N-552 towards Redondela.



# Stop: Pontevedra

From Redondela, head towards Pontevedra, on the N-550. This beautiful city, capital of the province, is an historical-artistic complex framed in an old walled area that has one of the best preserved old towns of Galicia. The best thing to do is to park your motorcycle (almost all the city is pedestrian) and get lost in its streets, in the old part of the city, enjoying the houses and country houses, squares and small corners. One recommendation: Visit the A Peregrina church, a baroque jewel, which has its floor in the form of a scallop (symbol of the Way of Saint James).



# H Stop: Sanxenxo

We enter Pontevedra's estuary with the next stop of this route, Sanxenxo, one of the most famous holiday towns of the Rías Baixas to which you will arrive by the PO-308. Here, we recommend you to enjoy the extensive leisure offered by the city (especially its nightlife!), visit the Areas and Silgar beaches (well known) and if you have time visit the As Telleiras Interpretation Centre. This centre is housed in an old factory where tiles and bricks were produced in an artisan way, today, its industrial structure and old granite ovens are preserved.



# Landmark: A Lanzada

Around Sanxenxo there are numerous places of interest, such as A Lanzada (PO-308), with a landscape that will captivate you. Here you will notice that the surfer spirit invades everything, and that's because A Lanzada Beach is one of the most famous beaches in Galicia. It is mandatory that you visit it and that you dare to practice some water sport to take advantage of its great waves and its unmeasurable air currents.







# I andmark: O Grove

Step onto the small O Grove peninsula again by the PO-308 and start enjoying the most spectacular seascapes. To one side, the Pontevedra estuary; to the other, the cove of O Vao, a protected wetland and also declared a Site of Community Importance thanks to its natural wealth. You can tour the peninsula from end to end by the EP-9101, starting in San Vicente do Mar, where you can enjoy the beach of O Espiño; and finishing in the Intertidal Complex Umia - O Grove, a protected natural space where we find the salinas that gave the name to its region: O Salnés.



# 🕓 Stop: Isla de A Toxa

From O Grove you can not miss the A Toxa Island, to which you will have easy access thanks to its bridge. Here, do not forget to visit the San Sebastián Hermitage, which worships San Caralampio and Nosa Señora do Carmo, with a facade completely covered with shells; or do not forget to take a quiet walk along the seafront that surrounds the island and conquers you with its views.



# Landmark: Cambados

Cambados is one of the most important municipalities in the region. Known as "the Albariño capital", this town is famous for its famous festivity "Festa do Albariño", founded in 1953 and declared of National Tourist Interest. It is celebrated every first weekend of August, but if your trip does not fit by these dates, you have more things to visit. We recommend you its Museum Network, integrated by the Ethnographic and Wine Museum, the House-Museum of the poet from Cambados, Ramon Cabanillas, the Muíño das Mareas A Seca and the Fisherman House-Museum (Casa-Museo do Pescador). We also recommend a visit to Fefiñáns square, formed by the spectacular Fefiñáns Manor House, the arch-bridge, the Torre da Homenaxe watchtower and the San Benito church.

To get to Cambados from A Toxa leave the peninsula of O Grove and take the PO-550.





# M Stop: Illa de Arousa

We begin to enter the estuary of Arousa and we go to Illa de Arousa by the PO-549 until arriving at the PO-307, where we find the bridge that connects this island with the peninsula. Illa de Arousa, the heart of the estuary bearing the same name, is a Natural Reserve thanks to its 36 kilometres of coast. of which eleven are of beach with fine white sand. The places of greatest interest and must visit are: Punta Cabalo lighthouse, Illote Areoso (park the motorcycle and get on the boat) and the Carreirón Natural Park. declared as a Special Protection Area for Birds due to its heron populations, among many. Without a doubt, a natural paradise that will leave you with your mouth open.





# Landmark: Vilagarcía de Arousa

We suggest you to head towards Vilagarcía de Arousa by the PO-549, bordering the coast and admiring the landscape. Once in the villa, plan your day well, because you have many things to see, such as: The Pazo de Rubianes, a beautiful building with gargoyles on the cornices and a garden where magnolias stand out and more than sixty varieties of camellias. Neither can you miss the Petroglifos dos Ballotes (to get there first take the PO-548 and when you get to Carril take the deviation PO-192), representations of rock art engraved in the rocks dating from the second millennium BC.

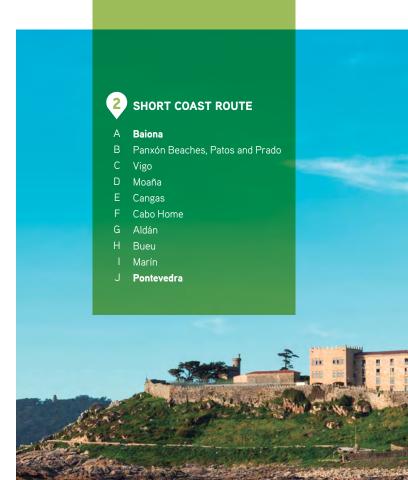
# Last stop: Catoira

The last stop on this route will be Catoira (take the PO-548). This is where the mouth of the Ulla river and the Arousa estuary meet, and thanks to this privileged location, temperatures are mild almost all year round. Its natural environment is one of its main attractions: landscapes of thick forests, marshes, river beaches... But windmills are the main attraction because Catoira is the only municipality in Galicia that has examples of the three types of traditional mills. The Torres de Oeste are the most emblematic symbol of this place, the fortified set devised in the IX century, integrated into the defensive system of Santiago de Compostela and that, for centuries, resisted the attacks of the Norman armies and the Pirates. You cannot miss it.



Bonus Track! Since it is your last stop, have a good treat and enjoy the best Galician and of course, good seafood with all the

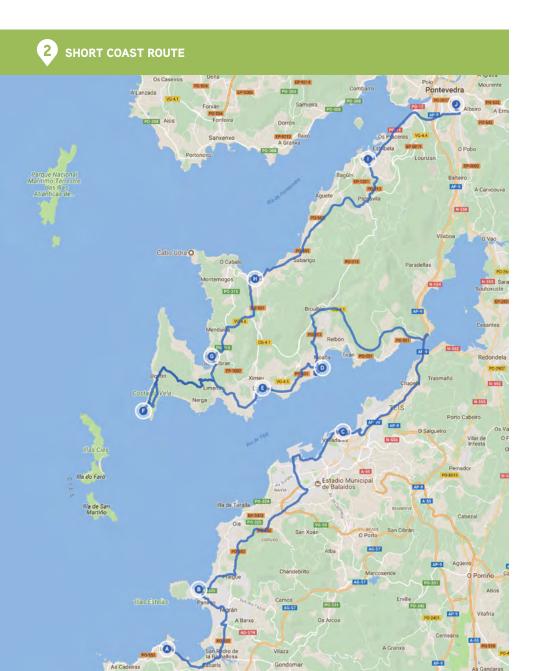












As Gandaras



# Discovering the paradise

#### **BAIONA - PONTEVEDRA**

62,5 km approx.

# A Starting point: Baiona

A brief but intense route through dream beaches that begins in Baiona, a medieval town (and seafaring) with a very special charm. Park the motorcycle and walk its small streets by foot, enjoy a good seafood and of course, a good Rías Baixas wine. Interesting facts: If you travel during the first weekend of March, do not miss "A Arribada", the great festivity of the city cataloged as a festival of International Tourist Interest which commemorates the arrival of Martín Alonso Pinzón to the town, after the discovery of America.

# 🕑 Landmark: Panxón Beaches, Patos and Prado

The first great places of interest of this route are three spectacular beaches, Panxón, Patos and Prado, to which you will arrive by the PO-552. This stop is perfect for those who want to try their luck with water sports, as these three beaches (especially Patos and Prado) are usually frequented by surfers, windsurfers and other water sports. We recommend you to take the plunge and not fear the waves, rather the opposite: enjoy them.







# Stop: Vigo

The city invites you to visit it and enjoy its beautiful views of the estuary. Here you can visit, among other landmarks, the Vigo Museum of Contemporary Art (MARCO), one of the most important art spaces in Galicia built in the same building that housed a prison in the past century. Nor can you miss Monte de O Castro, where you can make spectacular photos of the estuary; or the Casco Vello (the old town) with its countless restaurants and pubs. To get to Vigo from the beaches, take the PO-552 again.





# Stop: Moaña

We leave behind the largest city in Galicia and we head to Moaña first by the AP9 (you will cross the Rande Bridge), to later skirt the coast by the PO-551. This small seaside town, which you will reach across the great bridge of Rande, is known for its good weather and for being the starting point of a wide area of heavenly beaches. If you want to stop the driving for a while, we recommend you visit the A Xunqueira beach or the O Con beach. You can also enjoy the famous route of the Fraga river, one of the most acclaimed by the walkers for its beauty and its good conservation. If you dare to do it, be prepared to see all kinds of tree species along the way (from chestnut trees to oaks, laurels, alders and even weeping willows) and take a dip in some of its waterfalls.





# Stop: Cangas

We leave for Cangas first by the O Morrazo Corridor, then by the PO-313 and then by the PO-551. Cangas is another seafaring municipality very famous for its beaches. For the more daring: near the centre of Cangas we find Barra beach, a nudist beach very crowded with crystal clear waters.



# Stop: Cabo Home

For your next stop, we will go through some winding routes that will take us to Cabo Home, one of the most spectacular views you will find of the Cíes Islands and beyond. Here, you only need to park your motorcycle and enjoy the sea, the landscape, the air and if you get there at the right time, the best sunset in the world.

To get there from Cangas, first take the PO-551, then the PO-315 for 2.6 km until you turn off to the EP-1008 and re-engage with the EP-1006.







# Stop: Aldán

Aldán is a small town that hides a line of beaches and heavenly coves that look like they were taken from a movie. From Cabo Home, you will arrive here by the EP-1006 and PO-315, until you find a simple seafront of great charm. Areabrava and Areacova beaches are simply perfect. You can't miss them!





Bonus Track! In the Aldán estuary there is also Cabo Udra (already belonging

# Btop: Bueu

The next stop on this route will be in Bueu, and we will take the PO-315. This village is located in the cove of the estuary of Pontevedra and combines a great natural wealth with the history narrated by pazos (country manor houses) and churches. There are two important places to visit:

Massó Museum: Installed in an old factory, it goes through the first human cultural manifestations and possesses ethnographic materials of the marine world.

Ons Islands: This archipelago, made up of Ons, Onza and the island of As Freitosas, competes in beauty with the Cíes Islands and is full of life thanks to the outcropping of deep waters rich in nutrients. Populated still today, it offers the visitor the characteristics of a small coastal village. A must!







# Stop: Marín

Marín is the penultimate stop on this route. From Bueu, first, take the PO-551 along the coast towards Marín. When you arrive, you will be surprised by the great charm of this village that offers you beaches sheltered with crystal clear water with a great vegetation as a backdrop. Enjoy a stroll through the city, a good seafood and if you fancy a dip, head to Portocelo beach, one of the most acclaimed in the area.



# Last stop: Pontevedra

We arrived at the end. From Marín it will take you more than 15 minutes to reach Pontevedra along the PO-11 coastal road. Once in the provincial capital, enjoy its history through its narrow streets, its old town, its particular architecture and its countless museums, like the Museum of Pontevedra, composed by a total of 6 buildings and a broad ethnographic patrimony.







# The Flowing Life

#### A CAÑIZA - A GUARDA

66,6 km approx.



From the source to the mouth of the Miño river, there are incredible landscapes to the side of this stream. A unique natural environment sprinkled with an invaluable wealth. You will leave from A Cañiza, where you can visit the famous sanctuary of Our Lady of A Franqueira, known as "Virxe da Franqueira" and for her great entourage of faithful followers. From here, you will discover a route where the historical heritage of the Rías Baixas is the protagonist.

# Stop: Arbo

The first stop on this route will be in Arbo, an inner municipality known as "the world capital of the lamprey." The lamprey is an acclaimed fish of elongated form famously considered exquisite delicatessen and is original of this area. It is also known for being fish in the traditional way with the "pesqueiras" (you must visit them), constructions serving as obstacles perpendicular to the stream of the river that the lampreys can not avoid. Discover at first hand the magic of this ancestral fishing by visiting one of these pesqueiras and of course, we encourage you to try this delicious dish. From A Cañiza you can reach Arbo by the EP-5003.







# Stop: Salvaterra do Miño

Leave Arbo and go to Salvaterra do Miño through the PO-400. In case you did not know, Salvaterra heaves history at every step and you can admire from the first moment its imperishable splendour. The walled enclosure of Salvaterra is an original construction from the Middle Ages formed by an enviable watchtower on the Miño river. Its history is very closely linked to a series of events that give a name to some of its most characteristic stays, such as the presence of Doña Urraca or Pedro Álvarez de Sotomayor, aka Pedro Madruga. This historical complex that constitutes the old fortress of Salvaterra was declared of Cultural Interest in the year 1949.



# Stop: Tui

If we retake the PO-404, we arrive in Tui, a small town located about 25 minutes from Salvaterra and known for being a peculiar medieval city. Declared a historical and artistic complex, the city rises on a steep promontory crowned by the Cathedral, from where a complex labyrinth of stalked, swarm-like streets extend to the Miño river. The Cathedral is a construction of Romanesque and Ogival style in which is the Cathedral Museum is located. Other cultural referents that you may visit are the Convent of As Encerradas and the chapel of San Telmo.



# Landmark: Goián

Goián is a parish of the municipality of Tomiño to which you can arrive by the PO-552. Here you should visit the impressive military fortress of Goián, also known as Forte de San Lourenzo, a system that faces two populations from different countries. It was built after the Restoration War in 1668 facing a possible conflict with Portugal and today is one of the most visited places in this area.

**Bonus Track!** Goián has a small river beach of the same name where you can refresh and contemplate the beautiful landscape drawing the Miño river

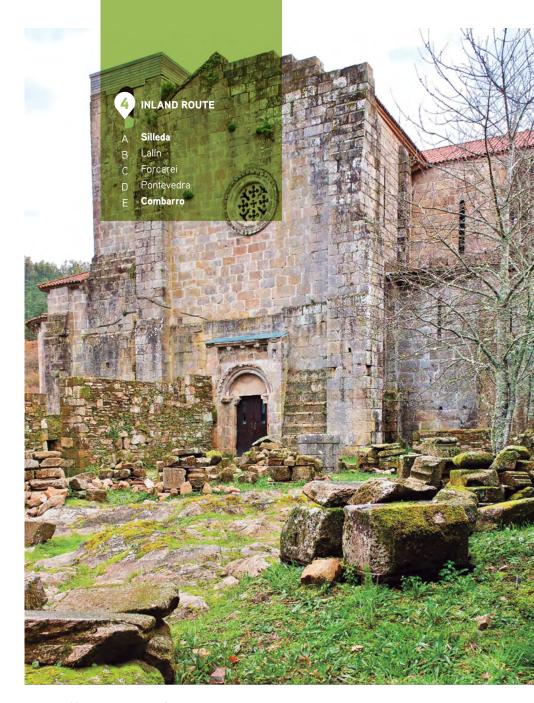


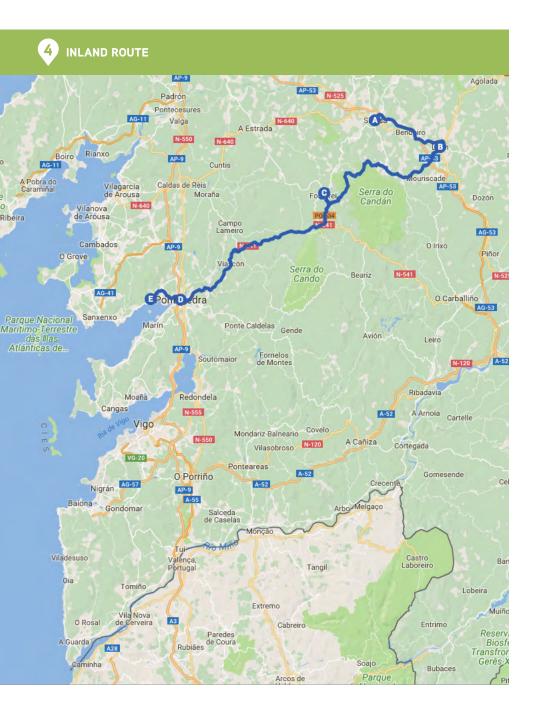


# Last stop: A Guarda

The last stop on this route is A Guarda. To get there, take the PO-552 and enjoy the scenery offered to you by the Miño river until you reach the Atlantic. Once in A Guarda, it is time to visit Santa Trega, a hill fort settlement whose occupation is situated within the Castro culture. The town dates from the fourth century BC and has more than 700 meters length, which makes it one of the largest castros found in Galician lands. Between 2015 and 2016 important discoveries have been found on this site, such as a stone head, Roman amphorae, Roman lintels, pieces of Terra Sigillata, fragments of decorated labrads and more than 42,500 pieces as well as stone elements. Santa Trega is undoubtedly one of the most important heritage legacies of the Rías Baixas and Galicia.









# A balanced road

#### SILLEDA - COMBARRO

70,3 km approx.



### A Starting point: Silleda

Silleda is a perfect enclave to start this natural-cultural route. This route mixes nature and culture so that in just 70 km you discover the most unique essence of Galicia: from waterfalls to monasteries, you will be amazed from your motorcycle at the landscapes and the remains of history that will cross your path.

You can start by visiting the Carboeiro Monastery (get there first by taking the PO-211 and then the PO-6502), built in 939 by the disciples of Master Mateo on a small hermitage called Egica. When you see it, it will remind you of the Cathedral of Santiago and that is because its ornamentation is closely linked to it. The church was built next to the monastery at the end of the XII century.





A must see in Silleda is also Fervenza do Toxa, a beautiful spectacle of water, light and sound formed by a waterfall of the Toxa river between the parishes of Pazos and Martixe. It is considered the highest in Galicia in free fall and it constitutes a space of high scenic value that is part of the Ulla-Deza River System and it participates in the European Red Natura 2000 project as a Site of Community Importance.

From Mosteiro de Carboeiro to Fervenza do Toxa you will arrive first taking the PO-6502 and then the PO-204.





# Stop: Lalín

The next stop is Lalín (take the N-525 first and then the N-640), a town that probably sounds familiar for its renowned Stew Fair ("Feira do Cocido", in Galician) (weekend before Carnival). Here you have two places of interest to visit: The Our Lady of O Corpiño sanctuary and the Pazo de Liñares. The first is a maiestic sanctuary built in 1650, with a great patrimonial value; while the second is a pazo (country manor house) (declared Bien de Interés Cutural [Heritage of Cultural Interest] in 2009) of baroque style dating from the XVII century and was the birthplace of the famous aviator Joaquin Loriga.

In Lalín vou can also visit A Fraga de Catasós, declared a Natural Monument in 2000 and with exceptional examples of chestnut trees and oaks.



# Stop: Forcarei

By the PO-534 you will reach the next stop on this route, Forcarei. Here you can visit the Acibeiro Monastery, an architectural Romanesque jewel built in 1135 under the supervision of the Galician king Alfonso VII. Its church has a basilical plant divided into three halls, and it dates from the late Romanesque.

In Forcarei you can also park your motorcycle and dare to do one of its many hiking routes, such as the route through Serra do Candán, one of the most popular and with the best natural landscapes. Don't miss it!





# Stop: Pontevedra

We arrived almost at the end of this route by the N-541 until Pontevedra. Here, in addition to enjoying the whole city and its old streets (declared historical-artistic complex), we recommend you to visit the San Salvador de Lérez Monastery, a former Benedictine monastery with baroque and neoclassical elements which is believed to have been founded in Century IX.









Bonus Track! In Pontevedra city is where the trail of Lérez begins, an attractive and

# Landmark (end of route): Combarro

And so, by the PO-308, we arrive at Combarro, a beautiful historical complex in which the granaries and the "cruceiros" (stone crosses) are the great protagonists. It is a very touristy seafaring village with more than 60 granaries, highlighting the set that makes up more than 30 of them aligned on the sides of the estuary.





#### TIPS FOR MAKING LONG MOTORCYCLE TRIPS

#### **BEFORE YOU LEAVE**

lines to follow before you go on a trip:

- Carry out a good check of your motorcycle before you hit the road. Therefore you can avoid unforeseen events.
- Organize luggage in advance, thinking in detail of what you may need. We recommend that it be lightweight luggage and be well secured to avoid accidents.
- Do not forget to bring personal and vehicle documents.
- Do not over-improvise, try to plan all routes and distances, and check the state of the roads and tolls.
- Very important: check the exact location of the service stations you will be passing by and, if possible, mark them on a map.

#### **DURING THE TRIP**

- Even if you want to disconnect, keep in touch with friends and family, so they know your route and can reach you if an emergency arises.
- Always respect traffic signs.
- Respect speed limits.
- Respect the safety distance.
- If you find yourself tired, stop to stretch your legs, eat and recover your strength.
- We recommend that you stop and rest every 2 hours of driving.

# 1 LONG COAST ROUTE

- A A Guarda
- B Molinos de Folón y Picón
- C. Pozas de Mougás
- D Baiona
- E Vigo
- F Redondela
- G Pontevedra
- H Sanxenxo
- I A Lanzada
- I O Grove
- V Jela do A Toya
- I Cambados
- M Illa de Arousa
- N Vilagarcía de Arousa
- O Catoira

# 2 SHORT COAST ROUTE

- A Baiona
- B Panxón Beaches, Patos and Prado
  - ∩ Vigo
- D Moaña
- E Cangas
- F Cabo Home
- G Aldár
- H Bueu
- I Marín
- J Pontevedra

# 3 INLAND-COAST ROUTE

- A A Cañiza
- B Arbo
- C Salvaterra do Miño
- D Tu
- F Goján
- F A Guarda



- A Silleda
- 3 Lalír
- C Forcare
- D Ponteved
- E Combarro









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