

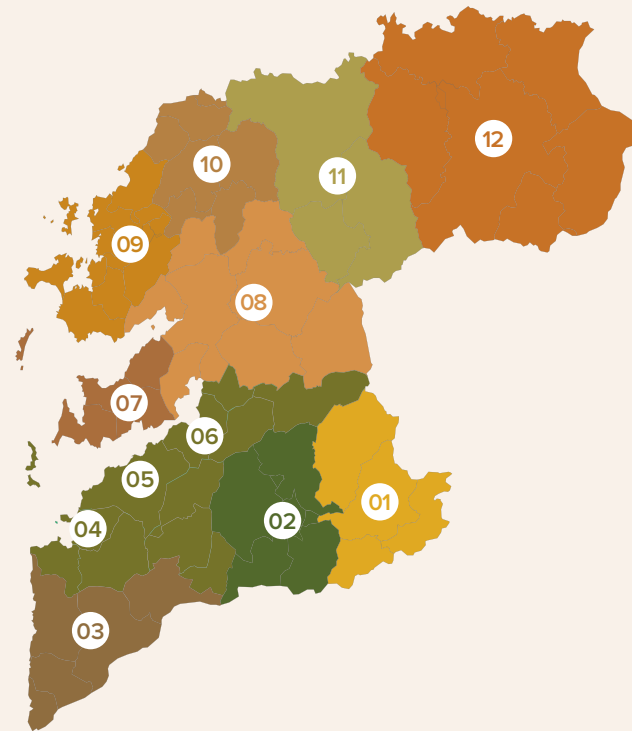


HUNGRY FOR EXPERIENCES?



PROVINCE OF PONTEVEDRA, AS RÍAS BAIXAS EXPERIENCE ITS MUSEUMS AND DISCOVER ITS CUISINE

As Rías Baixas is synonymous with culture and good food. Every town in the province of Pontevedra has something unique to offer to the visitors. Explore the different regions of Pontevedra through these twelve tours and discover its history, culture and gastronomy in its museums. In each itinerary, you will enjoy a great diversity of landscapes filled with stories, in which the natural beauty of its beaches, forests or hills is combined with a rich heritage and with museums that unveil the secrets of this land.



- 01 Wine and lamprey - A Paradanta
- 02 A land of borders, water and history - O Condado
- 03 The sacred in nature and the control of the land - O Baixo Miño
- 04 Pure Atlantic Ocean - O Baixo Miño and Vigo
- 05 Art and city - Vigo
- 06 A sea of stories - Vigo
- 07 Between sea and land - O Morrazo
- 08 An artistic treasure - Pontevedra
- 09 Of sea and wine - O Salnés
- 10 Among rivers and hot springs - Caldas
- 11 A world of richness in the countryside - Tabeirós-Terra de Montes and Pontevedra
- 12 Inland – Deza

In this route, you can discover and taste the wines in the following wineries:

- 4 Bodegas As Laxas, S.A. 
As Laxas, 16, 36430 Arbo
P +34 986 665 444
W www.bodegasaslaxas.com
- 6 Bodegas Marqués de Vizhoja 
Finca A Moreira, s/n, 36438 Arbo
P +34 986 665 825
W www.marquesdevizhoja.com
- 7 Bodegas Torgo 
Lugar O Torgo, Parada de Achas,
36887 A Cañiza
P +34 629 78 42 45
W www.torgo.es

NATURAL SPOTS

- 1 **Pesqueiras of the Miño River (Crecente, Arbo, As Neves, Salvaterra de Miño)**

The *pesqueiras*, also known as *pescos*, are stone constructions found on the banks of the Miño River that may date back to the Roman period. These were built in the shape of parallelepipeds that create currents and enable the capture of different species of river fish, mainly salmon, lamprey and tarpon. The best way to admire the *pesqueiras* is to follow a signposted route that runs along a small stretch of the Miño riverpath.



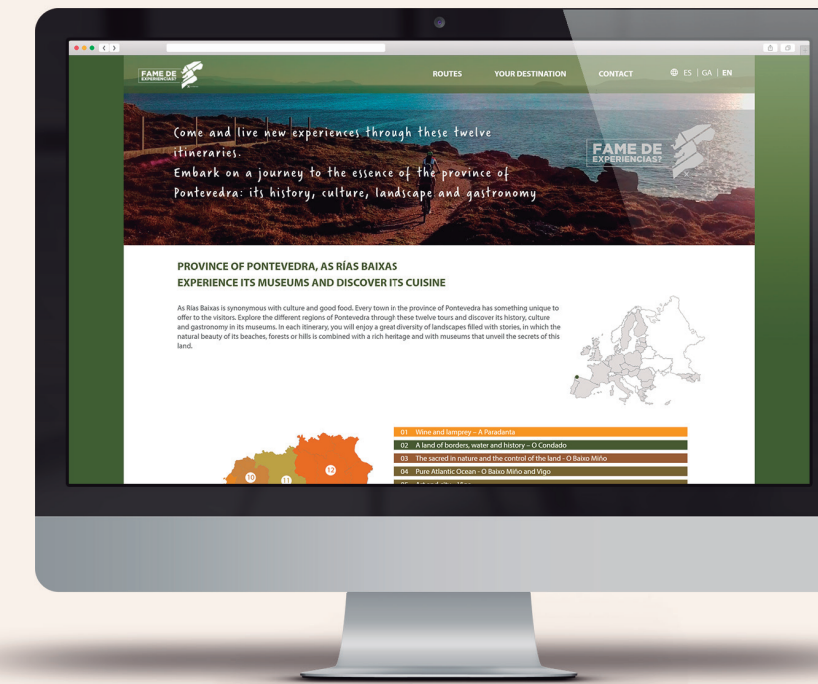
Lamprey empanada (Arbo)



Wines under the Designation of Origin Rías Baixas



Pesqueiras of the Miño River



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More information

Come and live new experiences through these twelve itineraries. Embark on a journey to the essence of the province of Pontevedra: its history, culture, landscape and gastronomy.

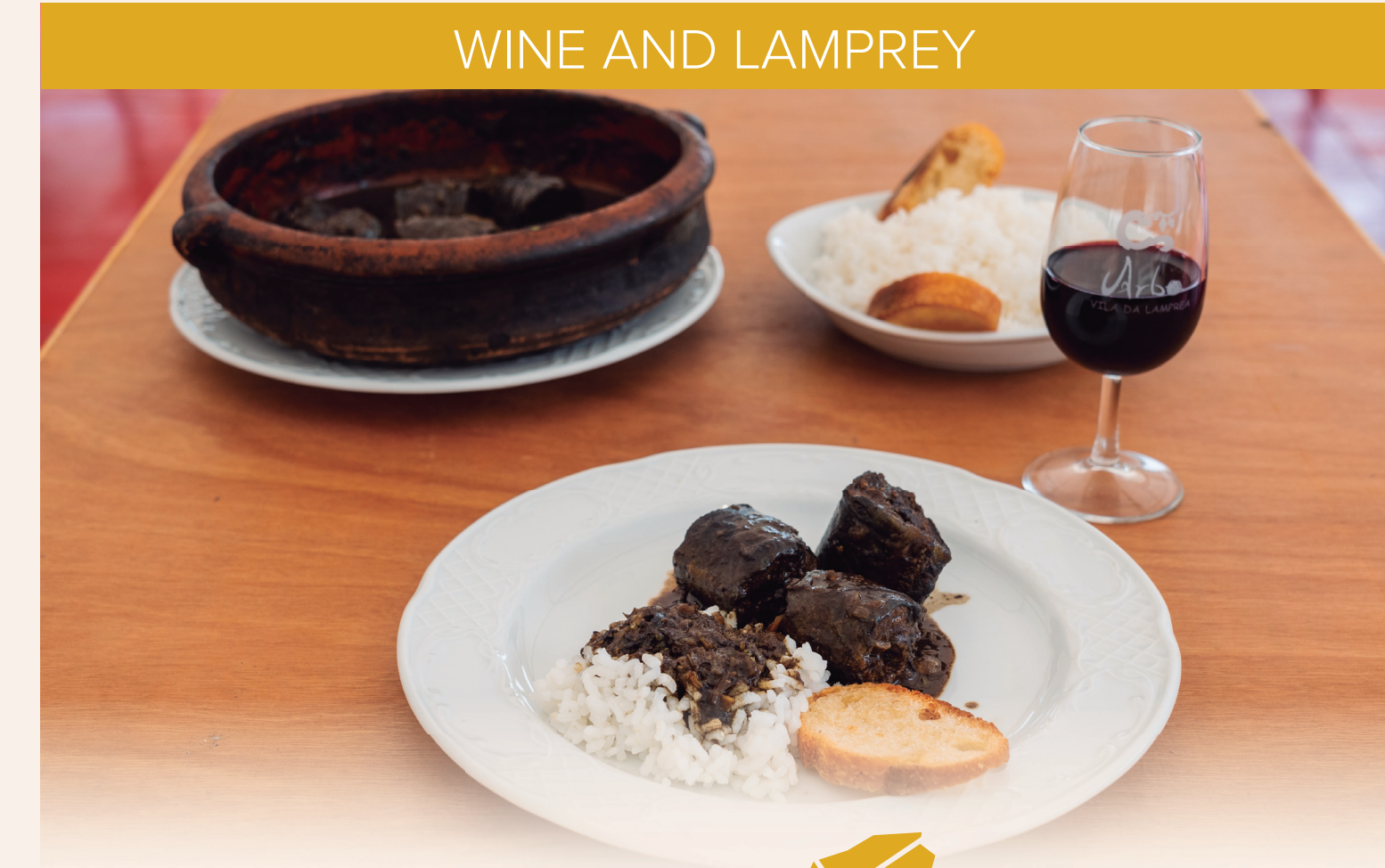
<https://turismoriasbaixas.com/en/hambre-de-experiencias>

 SICTED Quality Label: Spanish Integral System of Tourist Quality in Destinations

PROVINCE OF PONTEVEDRA, AS RÍAS BAIXAS EXPERIENCE ITS MUSEUMS AND DISCOVER ITS CUISINE

ROUTE 01 A Paradanta

WINE AND LAMPREY



Lamprey with bordelaise sauce (Arbo)

HUNGRY FOR EXPERIENCES?



EXPERIENCE THE REGION OF A PARADANTA

WINE AND LAMPREY

We invite you to relive tradition with a visit to the towns of Crecente, Arbo, A Cañiza and Covelo.

This region was named after the A Paradanta Hills. It is a region of high lands and the origin of many rivers and streams that create small valleys, and flow into the Miño River. In Arbo, the traditional methods to catch lamprey are still used, partly due to the old *pesqueiras*, stone constructions to catch this fish. The region also has a deep-rooted wine-making tradition that is currently gaining popularity with the improvement of the vineyards. A must-see is the Centro de Interpretación do Viño e da Lamprea, which disseminates the tradition and history of two elements characteristic of the town and, hence, of the region: wine and lamprey.

In A Paradanta you can learn about other traditional activities, such as the production and processing of beeswax, which was carried out in craft workshops, or about the timber production industry using the wood taken from its forests. Moreover, the pleasure of enjoying the natural landscapes, while hiking or practising other sports, is a delight for the senses. And, to round off your experience you can taste typical products such as lamprey “a la bordelesa” (with bordelaise sauce) and *xamón* (cured ham) from A Cañiza paired with a good local wine.



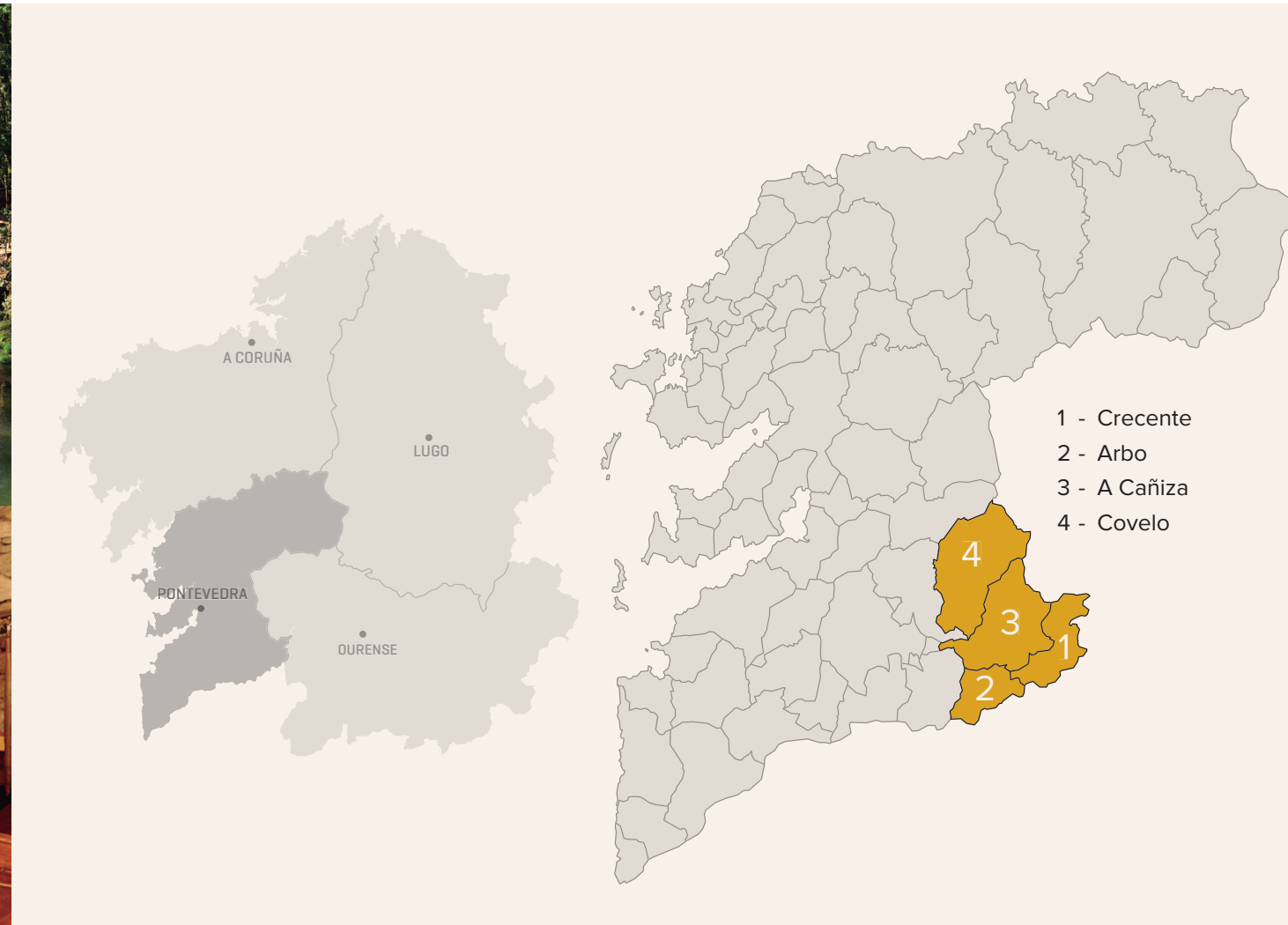
Catching of the lamprey in the Tea River



FAVUM-Lagar da Cera (Covelo)



Casa-Museo Etnográfico Pazo da Cruz (Covelo)



- 1 - Crecente
- 2 - Arbo
- 3 - A Cañiza
- 4 - Covelo



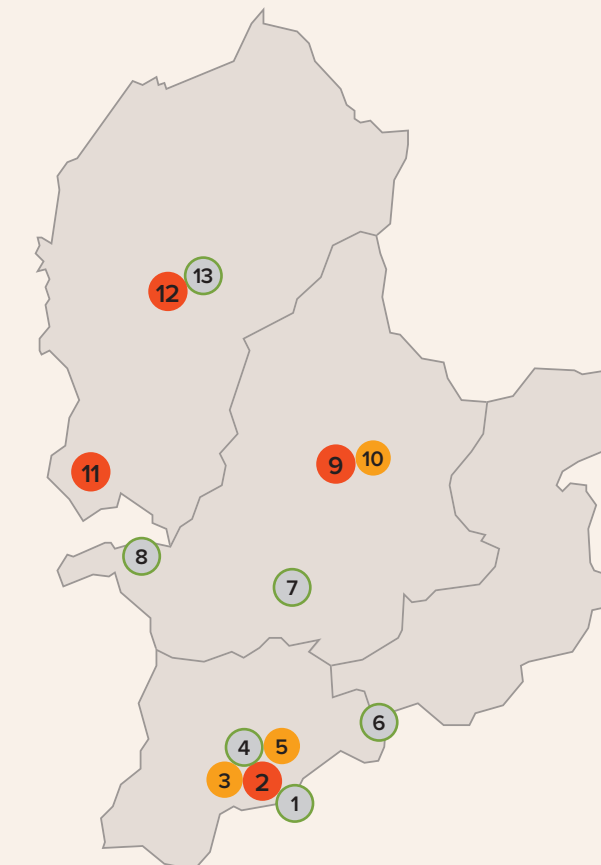
Casa-Museo Diego de Giráldez (A Cañiza)



Casa-Museo Diego de Giráldez (A Cañiza)

ROUTE 01 A Paradanta

WINE AND LAMPREY



MUSEUMS

2 Arabo: Centro de Interpretación do Viño e da Lamprea (Arbo)

This interpretation centre is dedicated to disseminating the history of wine and the traditional fishing of lamprey, two products that are part of the identity of

the town. During your visit, you will learn about the winemaking process and the wineries, as well as about the history and the traditional methods for catching lamprey.

📍 Prolongación a Tovar - antiga Carballeira de Turbela, 4, 36430 Arbo
 P +34 986 665 778 / +34 986 665 000
 W www.concellodearbo.es

9 Casa-Museo Diego de Giráldez

Located in the old quarter of A Cañiza, it exhibits the pictorial work of Diego Giráldez, a renowned hyperrealist painter and a major contemporary Spanish artist.

📍 Plaza Mayor, 4, 36880 A Cañiza
 P + 34 986 651 000
 W casamuseodiegodegiraldez.blogspot.com.es

11 Favum - Lagar da Cera

This interpretation centre introduces us to the trade of the *borreiros* (waxers), explains the wax making process, the techniques used to obtain it, as well as the manufacturing of candles or votive offerings.

📍 Plaza de Cotarel-Paraños, 36877 Covelo
 P +34 986 645 768 W www.montesparanhos.com

12 Casa Museo Etnográfico Pazo da Cruz

Located in a well-preserved 16th-century manor house, this “house-museum” keeps one of the most important ethnographic collections in Galicia, with more than 6,000 pieces displayed in the different rooms of the house.

📍 A Hermida, 36872 Covelo
 P +34 629 141 715
 W www.casamuseopazodacruz.com

OTHER POINTS OF INTEREST

8 Sanctuary of the Virgin of A Franqueira (A Cañiza)

The old monastery of A Franqueira is located in the heart of the hills of A Paradanta, and the earliest record of the building is from 1063.

13 Sawmill of Os Carranos

It was built in 1922. It consists of a sawmill, a wood-drying kiln, a small forge, a storage house and a furnace to eliminate the waste. The wagons transported the wood to the inside of the sawmill. It was dedicated to the fabrication of carts.

📍 Maceira, 36872 Covelo
 P +34 638 015 428 W www.concellodecovelo.es

CULINARY MOMENTS

The region of A Paradanta offers great local products that can be enjoyed in this tour, such as the lamprey, the cured ham from A Cañiza and the wine from the subzone Condado de Tea, under the Designation of Origin Rías Baixas.

3 Festa da Lamprea (Arbo)

Festival of National Tourist Interest held in April. There you can enjoy lamprey in different ways: in *empanada* (typical Galician pie with a savoury filling), dry or stuffed, and paired with wine from O Condado.

5 Festa da Lamprea Seca (Oak wood of Turbela, Arbo)

Festival held in August in which the lamprey dried in the local drying rooms can be enjoyed in different ways: roasted, battered, stuffed, with noodles..., but always paired with the best wines under the Designation of Origin Rías Baixas.

10 Festa do Xamón (A Cañiza)

This is a Festival of Tourist Interest in Galicia, held in August, which promotes the best-known product from A Cañiza: the *xamón* (cured ham). The cold and dry climate of the town guarantees the good curing of meat, especially of ham.



ARABO-Centro de Interpretación do Viño e da Lamprea (Arbo)



Sawmill of Os Carranos (Covelo)