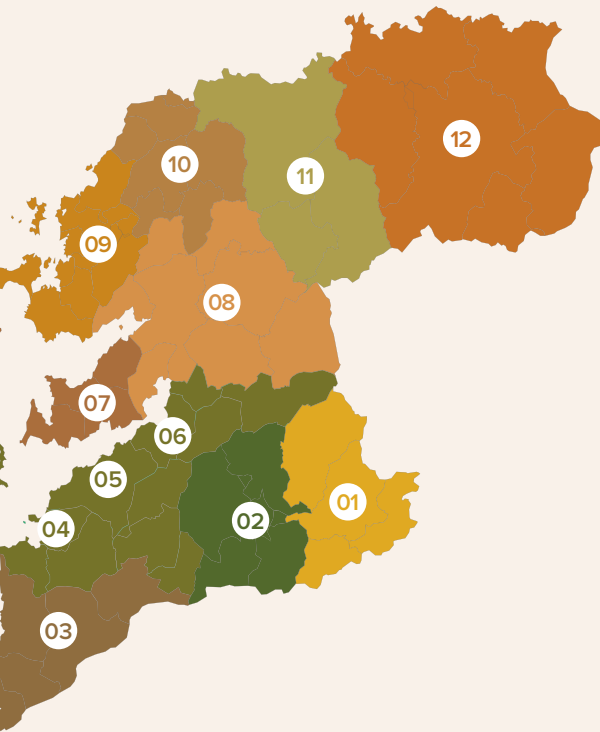




PROVINCE OF PONTEVEDRA, AS RÍAS BAIXAS EXPERIENCE ITS MUSEUMS AND DISCOVER ITS CUISINE

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



A Peneda Hill (Redondela and Soutomaior)

NATURAL SPOTS

7 Cíes Islands (Vigo)

The archipelago of Cíes, at the entrance of the coastal inlet Ría de Vigo, is made up of three islands with an important ecological value: Monteagudo, O Faro and San Martiño. They serve as observatories of the wildlife of the area.

11 A Peneda Hill-Castle of Castrizán (Redondela and Soutomaior)

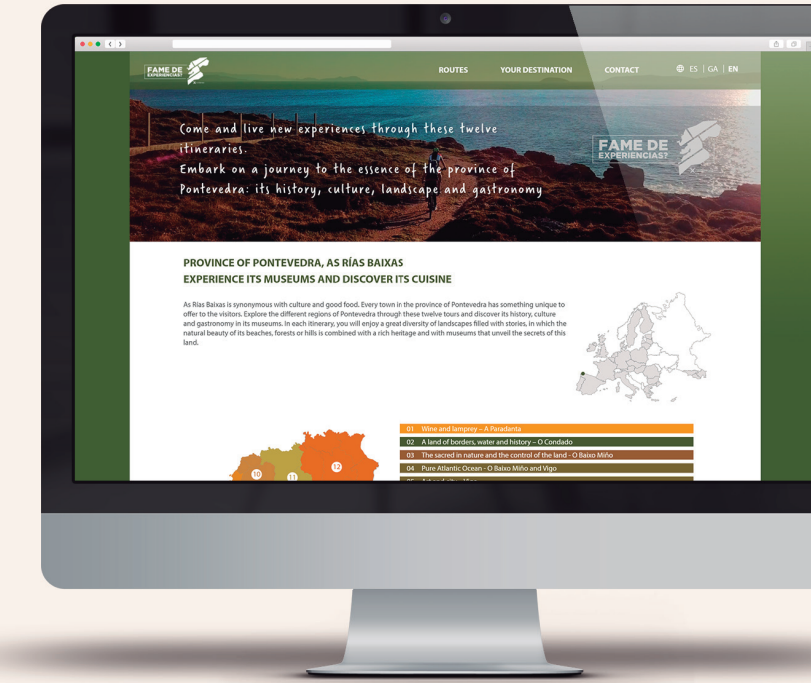
A Peneda Hill, close to the Verdugo River, offers panoramic views over the Ría de Vigo, the coast and even the Cíes Islands. The megalithic necropolis of Cortello dos Mouros and the tumulus Mámoa do Rei were found in the area. In the Iron Age, there was a *castro*, and, in 1477, the Bishop of Santiago, Alonso Fonseca, built a castle there. Later, a chapel consecrated to the Virgin of A Peneda was erected on the hilltop.

The Atlantic Islands National Park (Vigo, Bueu and Vilagarcía de Arousa)

The park covers more than 8,840 hectares, over 7,285 of them on the sea. It consists of four archipelagos: Cortegada, Sálvora, Ons and Cíes, which serve as natural barriers to protect the coast and the *rias* (coastal inlets) from the Atlantic Ocean, and gather a rich sea and land biodiversity.

Boat tours of the Ría de Vigo (Vigo)

Departing from the port of Vigo, there are different options: boat tours of the *ría*, of the Cíes Islands or of the seaside towns on the other side of the *ría*: Moaña and Cangas, in O Morrazo.



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



More information

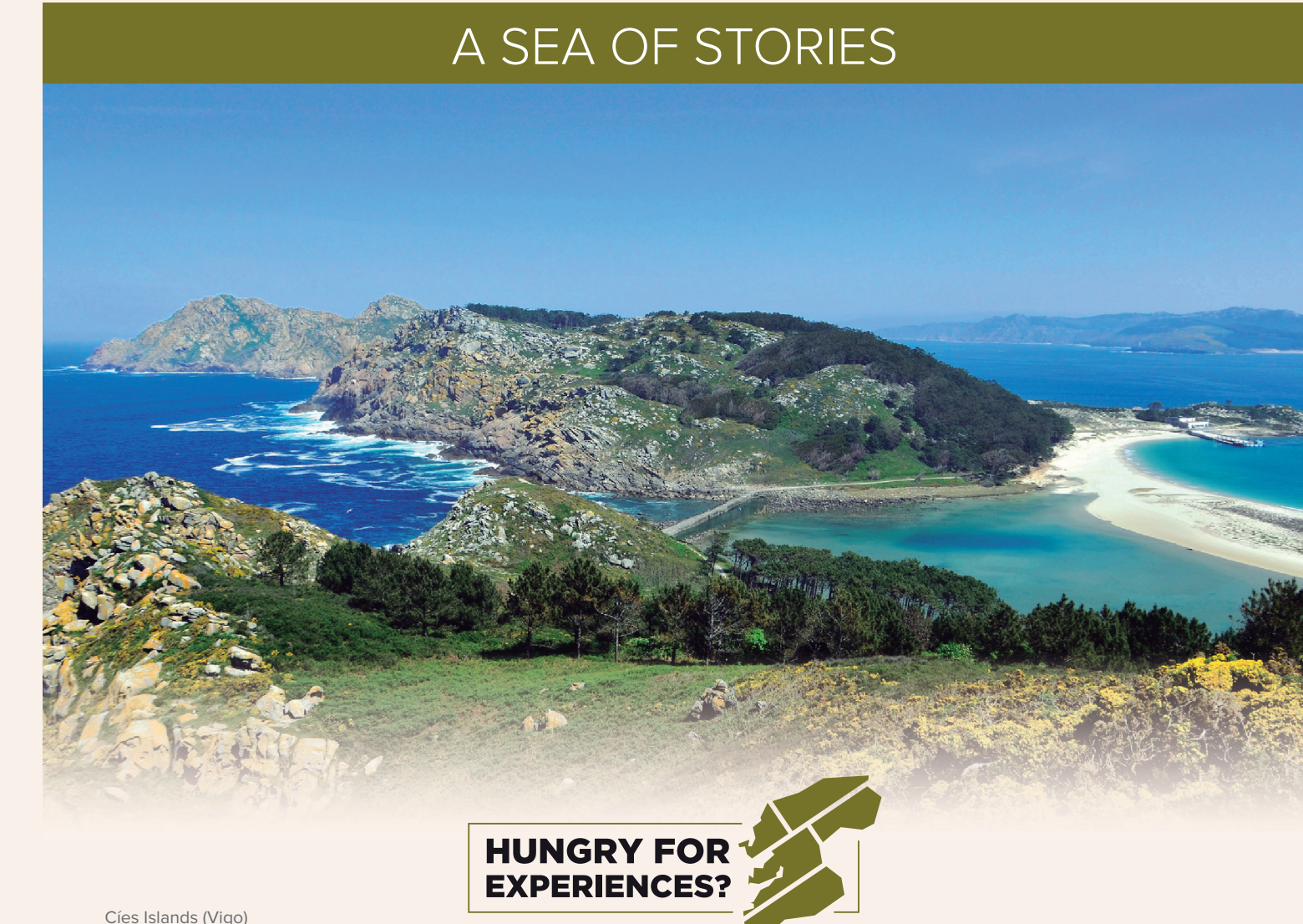
Come and live new experiences through these twelve itineraries. Embark on a journey to the essence of the province of Pontevedra: its history, culture, landscape and gastronomy.

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

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

ROUTE 06 Vigo

A SEA OF STORIES



Cíes Islands (Vigo)



EXPERIENCE VIGO

A SEA OF STORIES

Experience the Ría de Vigo, which smells of sea and salt, and taste the best products of the sea in the towns of Soutomaioir and Vigo. The exploitation of sea resources has been a thousand-year-old tradition in Vigo, based not only on seafood harvesting and farming and on fishing, but also on salting and canning activities. Through its landscapes, its heritage and its museums, in this land you will discover the big secrets of the sea.

The Ría de Vigo boasts an important cultural and gastronomy heritage: the Museo do Mar de Galicia (Galician Museum of the Sea) shows us the different sea ecosystems and bring us closer to the sea culture, the *castros* (pre-Roman hillfort settlements) dating from the Iron Age are evidence of an important shellfish gathering activity. The salt mines of the Roman period show the ancient tradition of the salting industries, an important culinary product for the Romans. During the 19th century, the canning industry became an important economic activity, as can be seen in the many old factories that are still preserved or in the interesting ANFACO Canning Industry Museum.

However, the history of the Ría de Vigo has much more to offer. It was an important defensive point to avoid invasions by sea into the main land, especially during the Middle Ages. And, the Soutomaioir Castle was a strategic point to defend the area.



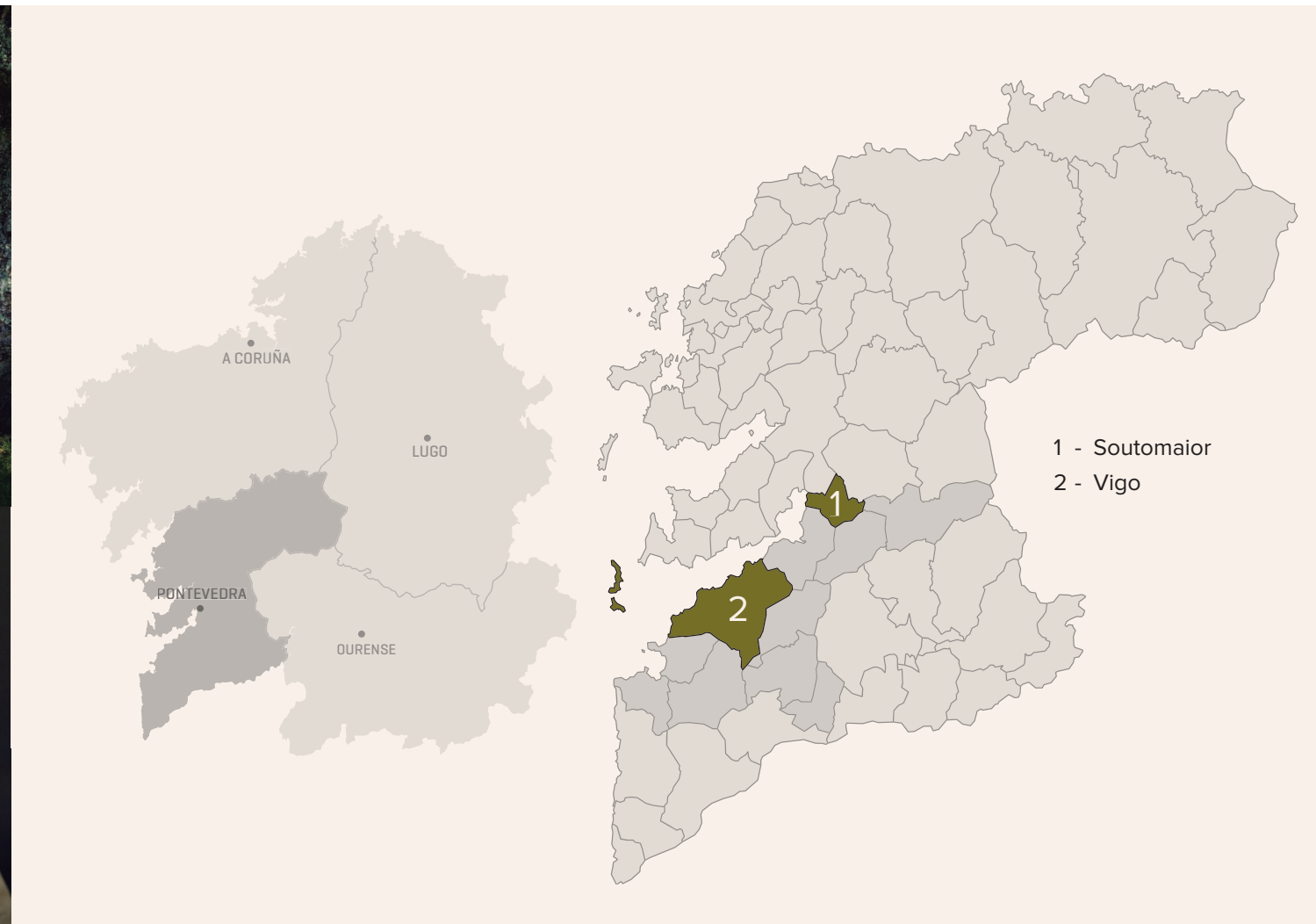
A Peneda Hill (Redondela and Soutomaioir)



Visitors centre P. N. Illas Atlánticas de Galicia-Edificio Cambón



Archaeological centre Salinae (Museo do Mar)



1 - Soutomaioir
2 - Vigo



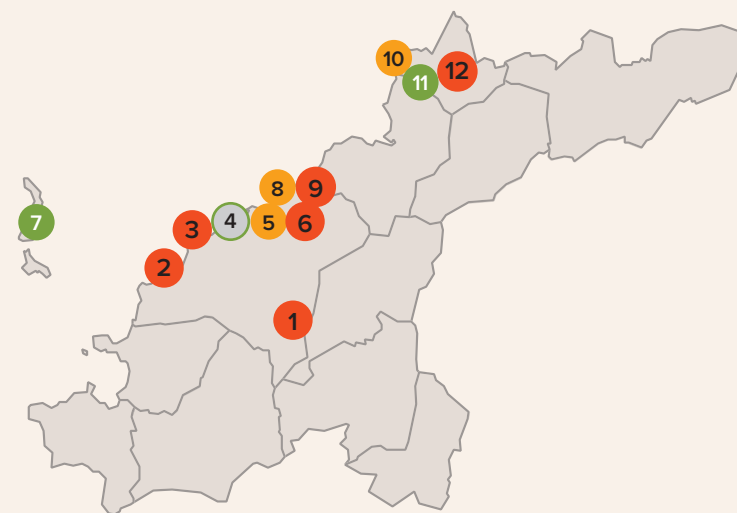
Museo ANFACO da Industria Conserveira



Roman town of Toralla

ROUTE 06 Vigo

A SEA OF STORIES



MUSEUMS

1 Museo ANFACO da Industria Conserveira

This is a project of the National Association of Canned Fish and Seafood Manufacturers aimed at disseminating the importance and evolution of one of the most historic business sectors in Galicia: the canning sector, a pioneering industry in which the sardine is the main product.

📍 Carretera Colexio Universitario, 16, 36310 Vigo
P +34 986 469 301
W www.museoconserva.es

2 Roman town of Toralla

This is the most important Roman coastal town in the north-west of the peninsula. It is located on a small cape facing the island of Toralla. The main activities of this town were the exploitation of sea resources.

A working area, a residence and a bathhouse have been discovered. This museum shows how life was in the town and displays the archaeological artefacts found.

📍 Barrio Illa de Toralla, Oia, 36208 Vigo
P +34 986 810 260

3 Museo do Mar de Galicia

Located in an old canning factory, it has an aquarium that shows the main local ecosystems and how sea and fishing resources are exploited in the area. Inside, one can also admire the remains of the pre-Roman hillfort settlement of A Punta do Muíño do Vento.

📍 Avenida Atlántida 160, 36208 Vigo
P +34 986 247 750
W www.museodomar.com

6 Visitors centre P. N. Illas Atlánticas de Galicia-Edificio Cambón

Located in the old town of Vigo, it shows the cultural and natural resources of the Atlantic Islands, such as its ecosystems, biodiversity or traditional fishing.

📍 R/ Palma (edificio Cambón), 4, 36202 Vigo
P +34 886 218 090
W www.parquenacionalillasatlanticas.com

9 Archaeological centre Salinae (Museo do Mar)

This archaeological centre aims to tell the story of the only solar evaporation pond of the entire Roman Empire that has been preserved in Galicia and turned into a museum. It used to be an important salt factory, which provided salt to the most important fish canning factories. Today, it displays objects related to the industry, and explains how salt was obtained in the factory.

📍 R/ Rosalía de Castro, 21-23, 36201 Vigo
P +34 986 247 691
W www.museodomar.com/salinae

12 The Soutomaioir Castle and its gardens

Built in the 12th century, it was enlarged in the 15th century and turned into a residential manor house in the 19th century. It is one of the best-preserved fortifications in Galicia. Today, it is a museum where one can learn about the exciting lives of some of the figures that used to live in the castle: Pedro Madruga, the Marqués de la Vega de Armijo or María Vinyals. The building is surrounded by a garden that was recognised as International Camellia Garden of Excellence in 2012.

📍 R/ Rial, s/n, 36691 Soutomaioir
P +34 886 209 500 T +34 986 804 100
W www.castelodesoutomaioir.com

OTHER POINTS OF INTEREST

4 Old fishing neighbourhood of O Berbés (Vigo)

A traditional fishing neighbourhood where there used to be dry docks and warehouses to keep the boats and fishing tools. Later, the fishermen's houses were built. The activities linked to the sea used to take place at the main squares and arcades.

CULINARY MOMENTS

Some of the main food products you can taste in this route are seafood and fish, canned fish, salted fish and wine.

5 Vigo's fish market (Vigo)

Group visits to the Vigo's fish market are organised by appointment. There, one can attend one of the exciting fresh fish auctions.

8 Oyster tastings (Vigo)

In the Rúa das Ostras, (Oyster Street) oysters can be tasted raw in several restaurants.

10 Festa da Ostra de Arcade (Soutomaioir)

Festival of Tourist Interest in Galicia that is celebrated on the first weekend of April, in which oysters can be tasted raw, in *empanada* (Galician savoury pie stuffed with seasonal fillings) or marinated.



Museo do Mar de Galicia



The Soutomaioir Castle and its gardens



Oyster tastings (Vigo and Soutomaioir)