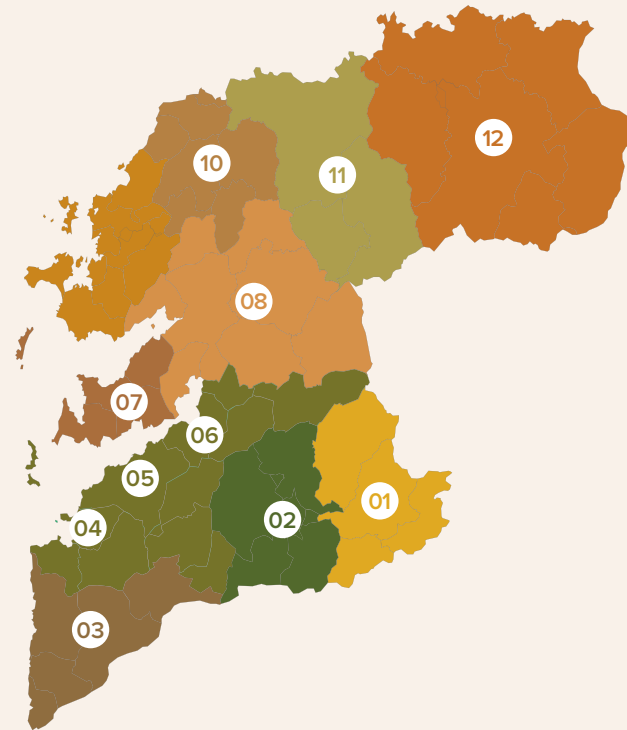




PROVINCE OF PONTEVEDRA, AS RÍAS BAIXAS EXPERIENCE ITS MUSEUMS AND DISCOVER ITS CUISINE

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

5 O Facho Hill and archaeological site (Cangas)

It is a natural viewpoint over the Cies Islands, a magical spot that used to be a place of worship in the Iron Age. It was inhabited until the Roman period, when more than 100 altars were erected by locals to beg for health and honour the local god Bero Breo.

6 The enchanted wood of Aldán (Cangas)

It is part of a former public manor house known as Casa Torre de Aldán. It is commonly known as the *bosque encantado* (enchanted wood); a leafy environment with a trail that follows parallel to the Orxas River down to a mill and a fortified tower of an unfinished castle.

7 Blue trail Cabo Udra (Bueu)

On the western coast of the municipality of Bueu, Cape Udra marks the end of the Aldán Bay and the start of the coastal inlet Ría de Pontevedra. It consists of a series of small coves and rocky spots. On the top of the cape (91 metres above sea level), and from the Alto Carafixo (129 metres above sea level) viewpoint, it is possible to enjoy breathtaking panoramic views over the coastal inlet Ría de Pontevedra and the Tambo Island.

8 Cape Cabo Udra and interpretation centre Aula da Natureza (Bueu)

Area that combines small cliffs and unspoiled natural beaches with a great geological diversity and a rich wildlife. From the cape, you can admire the views over the inlet Ría de Pontevedra, the Ons Island and Punta Couso. The interpretation centre Aula da Natureza provides information about this natural area.

📍 Cabo Udra, Beluso, 36937 Bueu
P +34 986 390 029 W www.concellodebueu.org

14 Network of Blue Trails of Marín

An outstanding route that links several itineraries that connect beaches or ports with a Blue Flag, and contribute positively to the sustainable use of the coast. It comprises the following three trails: Ruta das Praias (The Route of the Beaches), Ruta dos Cinco Miradoiros (The Route of the Five Viewpoints) and Ruta Montes e Praias (The Route of the Hills and Beaches).

16 Ons Island (Bueu) and Galician Atlantic Islands National Park

The archipelago of Ons, in the coastal inlet Ría de Pontevedra, consists of the Ons Island and other islets, and is part of the Galician Atlantic Islands Maritime-Terrestrial National Park. It is a stunning isolated spot of a rugged beauty, with crystal-clear water beaches, cliffs and woodlands. It can be explored on foot or by bike.



📍 Facho Hill (Cangas)



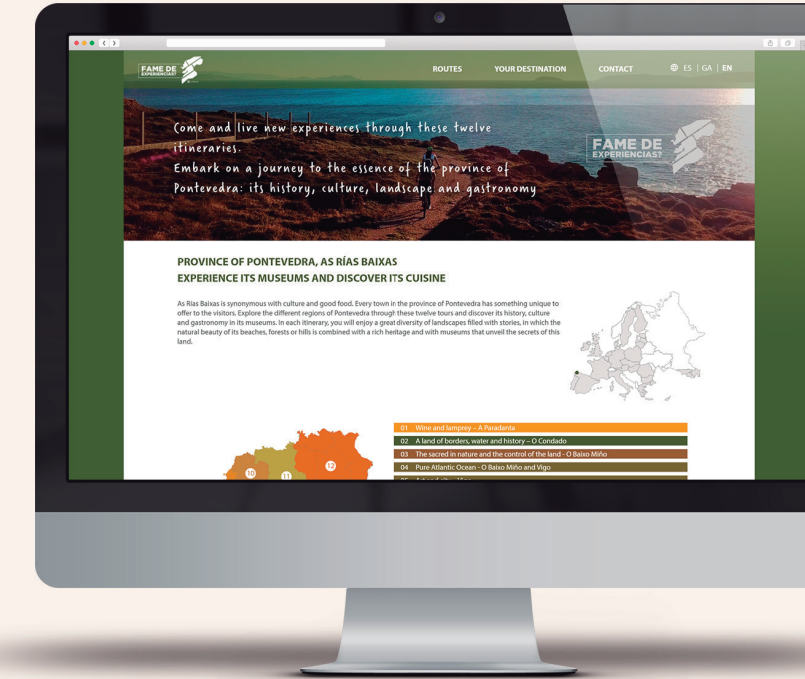
The enchanted wood of Aldán (Cangas)



Cape Cabo Udra (Bueu)



Cape Cabo Home (Cangas)



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>

 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 07 O Morrazo

BETWEEN SEA AND LAND



📍 Facho Hill and archaeological site (Cangas)



EXPERIENCE THE REGION OF O MORRAZO

BETWEEN SEA AND LAND

Discover the region of O Morrazo and visit the towns of Marín, Moaña, Cangas and Bueu and their surroundings. O Morrazo Peninsula, between the inlets Ría de Pontevedra and Ría de Vigo, is located in a privileged spot between sea and land.

This area is dominated by the Domaio Hills, in the middle of the peninsula. They are the evidence of the strategic and symbolic importance that this place had in ancient times. Moreover, in O Facho Hill you can admire dolmens, petroglyphs and *castros*, and even a beautiful shrine from the Iron Age.

Sea has been always part of the identity of this region. If you want to learn about its deep-rooted seafaring, fishing and canning tradition, it is worth visiting the interesting Museo Massó, which provides information about the Massó family, who were the owners of an industrial complex consisting of canning, shipbuilding and fishing rope factories.

You can visit spots with stunning panoramic views, cliffs, calm beaches, unspoiled natural landscapes and hills; a diversity that results in a varied cuisine based on high-quality seafood, vegetables and fruits.



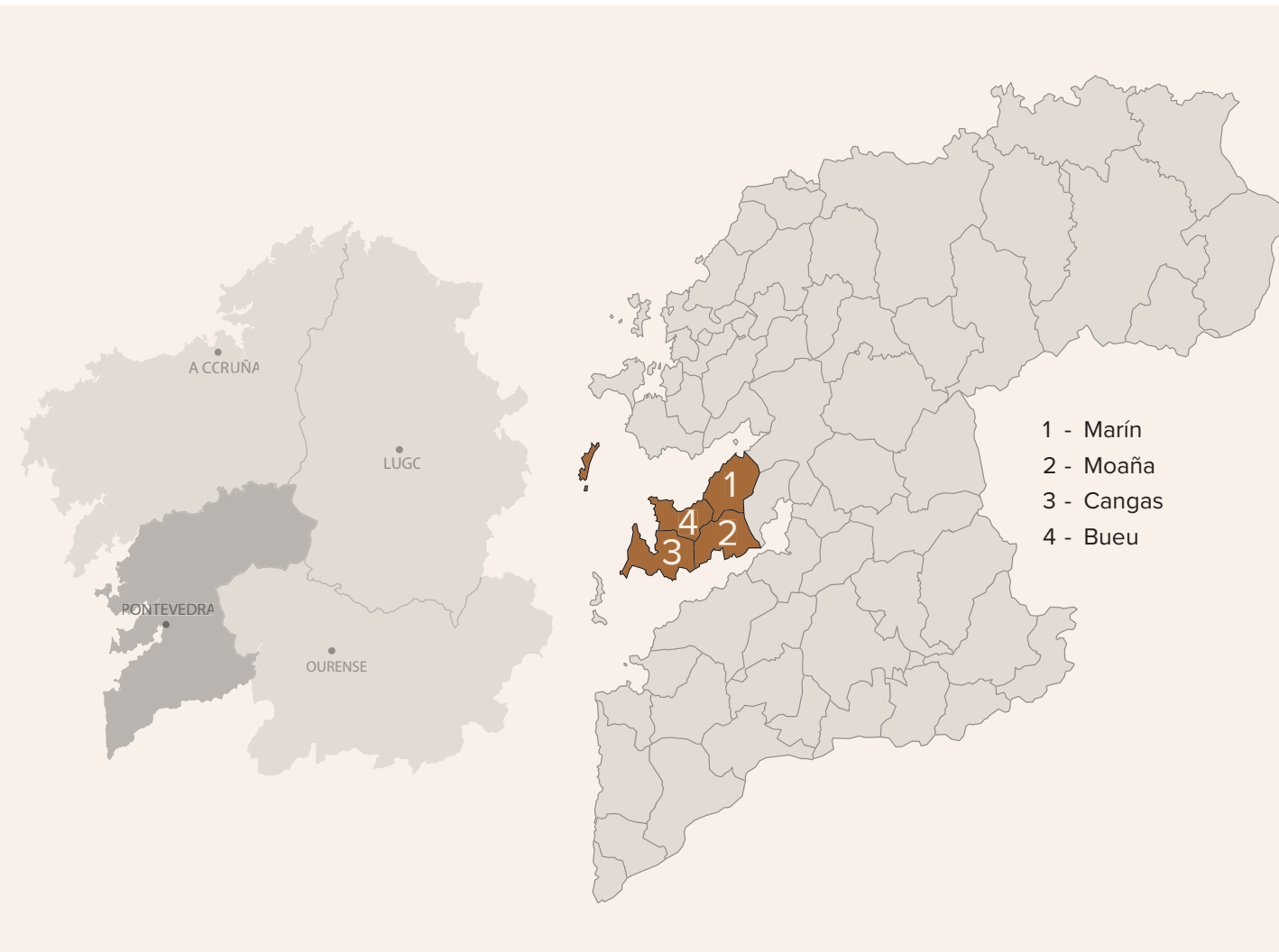
Costa da Vela (Cangas)



Petroglyphs of Mogor (Marín)



Festa do Pulpo (Bueu)

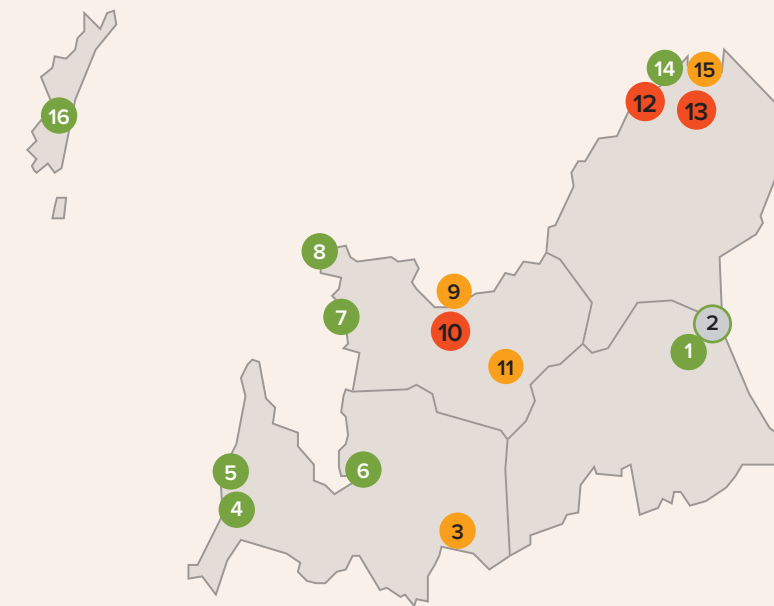


O Facho Hill (Cangas)



Museo Massó (Bueu)

ROUTE 07 O Morrazo BETWEEN SEA AND LAND



MUSEUMS

10 Museo Massó

The museum was created after the visit of Guillermo Marconi to the Massó canning factory in 1928. He suggested opening a museum to display the Massó's family collection of navigation instruments, documents and books, different objects and scale-model ships, a collection which would be enlarged over subsequent years. Since 1994 this museum has been managed by the regional government Xunta de Galicia, displaying information about the fishing, whaling and canning history of the town of Bueu.

P R/ Montero Ríos s/n, 36930 Bueu
P +34 886 151 101 **W** www.museos.xunta.gal/es/masso

12 Petroglyphs of Mogor and interpretation centre

It is one of the most important group of petroglyphs in Galicia. The most remarkable ones are those depicting labyrinths, circles, cup marks and a deer. There is also an interpretation centre, which offers information not only about petroglyphs but also about the cultural heritage of the town of Marín and the region of O Morrazo.

P Barrio Pérez Crespo-Mogor, 95, 36911 Marín
P + 34 647 368 939 **W** www.concellodemarin.es

13 Museo Municipal Manuel Torres

The museum was opened in 1992. It displays more than 70 painting works by the artist Manuel Torres Martínez that he had donated to the Town Council of Marín. The artist, who was born in Marín in 1901, was highly influenced by the Galician artist Carlos Maside, a good friend of him. The sea and the countryside were sources of inspiration for his works, which have a marked traditional character.

P Avenida de Orense, 3, 36900 Marín
P +34 986 891 186 **W** www.concellodemarin.es

OTHER POINTS OF INTEREST

2 Dolmen-mámoa of Chan da Arquíña (Moaña)

Megalithic funerary monument, built more than 5,000 years ago, which consists of a polygonal chamber and a corridor with big stone slabs. The dolmen used to be earth covered (mámoa). Today, only part of it has been preserved.

CULINARY MOMENTS

Fish, seafood, canned food, seaweeds, vegetables and fruits are some of the delicacies that can be enjoyed in this region.

3 Festa da Exaltación da Navalla das Cíes (Cangas)

Festival held in September that pays tribute to the razor shell, a native product caught by the *navalleiros* (razor shell gatherers) of the fishermen's association Confraría de San Xosé. Grilled razor shells is the most popular dish, but they are also served chargrilled, scrambled, sautéed or on a toast.

9 Festa do Pulpo (Bueu)

Food event held in August where you can enjoy octopus prepared in different ways: in the traditional style (*á feira*), stew, fried, grilled or in a *empanada* (typical Galician pie with a savoury filling), or even in more innovative dishes like croquettes or pâté.

11 Festa do Millo Corvo (Bueu)

Festival of Tourist Interest in Galicia, held in April, which pays tribute to the *millo corvo* (black corn). Decades ago, this product ceased to be used, but this type of corn was cultivated again using traditional techniques in 1998. Different dishes prepared with this type of corn can be enjoyed in this festival.

15 Festa da Cigala (Marín)

Food event held in July where one can taste langoustine prepared in different ways: boiled, in *salpicón* (typical seafood salad), in *empanada* (typical Galician pie with a savoury filling)...

NATURAL SPOTS

1 Lighthouse at Domaio Hill (Moaña)

It is located in a strategic position, at 636 metres above sea level. This lighthouse is the highest point of the hills in the region of O Morrazo. It offers breathtaking panoramic views of As Rías Baixas, the Atlantic Islands, the coastal inlet Ría de Vigo and the hills by the Miño River, which serves as a natural border between Galicia and Portugal.

4 Costa da Vela (Cangas)

It is the westernmost point of the O Morrazo Peninsula, a beautiful unspoiled landscape surrounded by the sea with pine forests, cliffs and the calm and sandy beaches of Nerga and Barra.



Museo Massó (Bueu)



Interpretation centre of Petroglyphs of Mogor (Marín)



Festa da Navalla das Cíes (Cangas)



Festa do Millo Corvo (Bueu)