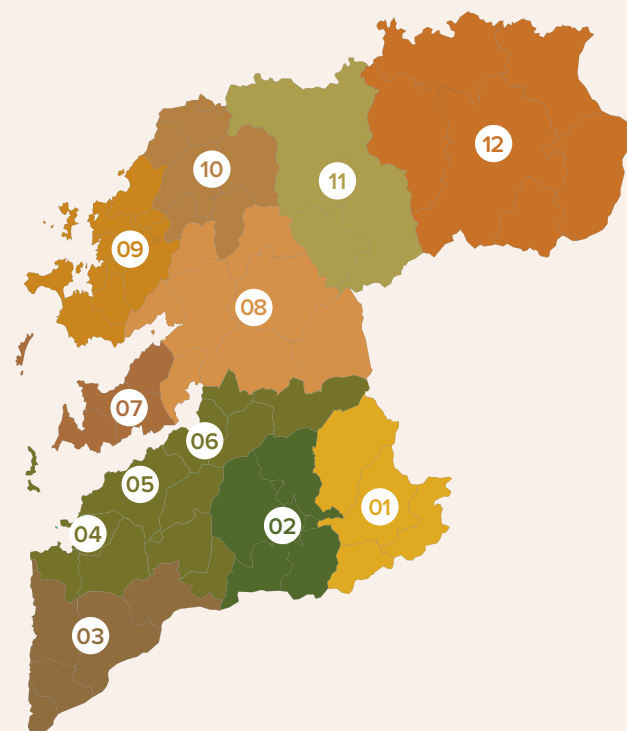


HUNGRY FOR EXPERIENCES?



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



Blooming apple trees for organic cider production (A Estrada)



Festa do Salmón (A Estrada)

1 Festa do Petote de Carballedo (Cerdedo-Cotobade)

This food festival promotes the culture and tradition of the *petote*, which is part of the cocido and consists of a boiled wheat and corn flour bread roll that is served cut into slices.

7 Festa da Richada e da Croca (Forcarei)

This festival offering traditional local meat stew takes place on the first weekend in December. It can be tasted in the restaurants Paris, Victoria and in the bar Gran Sol.

14 Feira da Sidra (A Estrada)

A festival that promotes the organic cider produced in A Estrada and in other neighbouring cider-making areas. This product can be tasted in the following cider houses:

Sidrería Ribela

📍 Trabadela, 12, Santa Mariña de Ribela, A Estrada
P +34 655 112 386

Sidrería Peroja

📍 Lugar Outeiro, 11, 36685 Agar, A Estrada
P +34 986 588 131 +34 669 880 542

Sidrería Camino

📍 Lugar de Moreira, s/n, 36688 A Estrada
P +34 629 585 711

15 Festa do Salmón (A Estrada)

A festival of Tourist Interest in Galicia held in May which pays tribute to the salmon. It is prepared both in the traditional way and as part of innovative recipes. Other entertainment and fun activities are also held.

NATURAL SPOTS

4 Oak grove of San Xusto (Cerdedo-Cotobade)

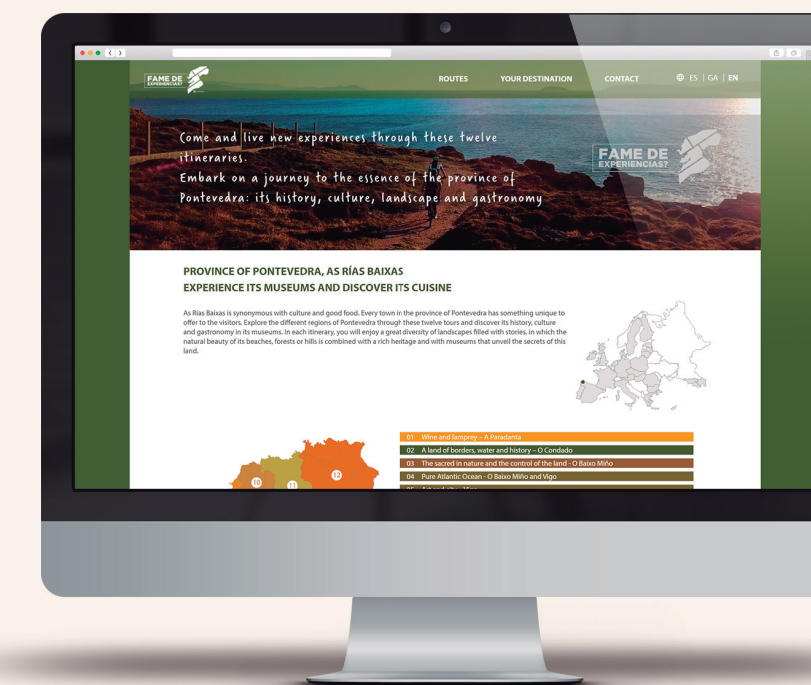
It is a wood with centuries-old oaks, chestnut trees and leafy ferns, vines and mosses. A shrine devoted to San Xusto, where a pilgrimage is held every August, has been preserved. From there, you can access the thermal baths of San Xusto, with sulphur-fluoride waters.

10 O Candán Hill (Forcarei, Lalín and Silleda)

It is more than 1,000 metres high. It has large open-air areas and wide meadows, brushwood, and vast oak groves. There is a signposted trail, and at the top there is a viewpoint with panoramic views of the town of Silleda.

12 Trail of the bridges of the Lérez River (Forcarei)

This 15-kilometre trail follows the course of the Lérez River, and boasts no less than 40 bridges and a group of 12 abandoned mills. The most remarkable bridges are A Ponte Vella de Andón, A Ponte do Crego, A Carballa, Maril and Gomail.



HUNGRY FOR EXPERIENCES?




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.

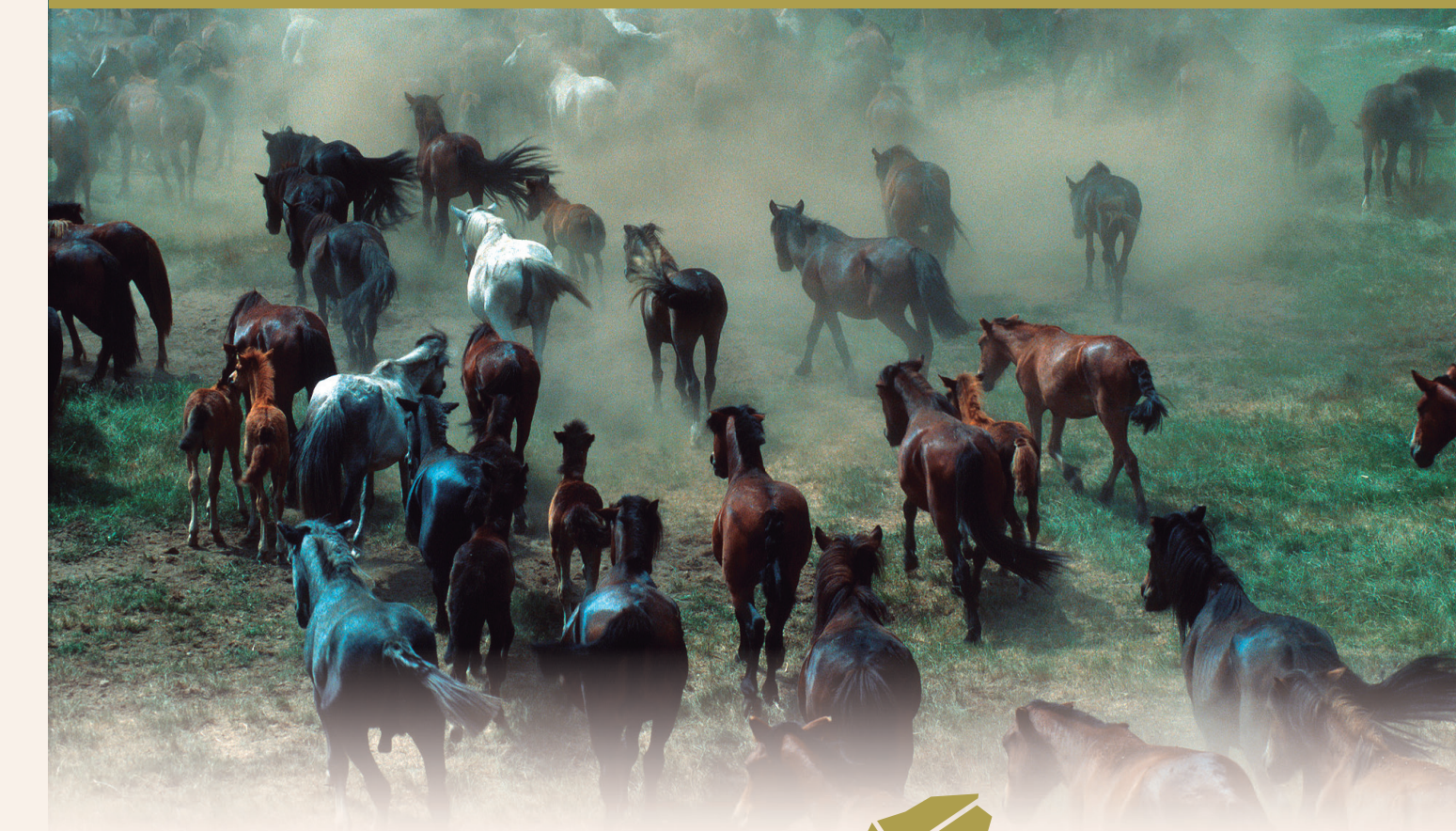
<https://turismoriasbaixas.com/en/hambre-de-experiencias>

 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 11 Tabeirós-Terra de Montes and Pontevedra

A WORLD OF RICHNESS IN THE COUNTRYSIDE



Rapa das Bestas de Sabucedo (A Estrada)

HUNGRY FOR EXPERIENCES?



EXPERIENCE THE REGIONS OF TABELIRÓS-TERRA DE MONTES AND PONTEVEDRA

A WORLD OF RICHNESS IN THE COUNTRYSIDE

Visit the towns of Forcarei, Cerdedo-Cotobade and A Estrada, and enjoy with your five senses its vast valleys and hills where rivers, such as the Ulla, the Umia or the Lérez and their tributaries create fertile landscapes. The monastery of Aciveiro and its surrounding constructions, such as the *neveiras* (ice-storage walls) –used to preserve and store the valued ice– overlook the region of Terra de Montes.

The richness and rural diversity can be experienced at its museums. They provide information about the stonemasons, muleteers and emigration. The work of the stonemasons can be appreciated in the popular architecture (*hórreos* of Pedre and Filgueira, bridge of Andón in Aciveiro, bridge of Serrapio-Cerdedo, bridge of A Bouzada, in the village of Soutelo de Montes, tower of Barciela, in Castrelo-Forcarei, the churches of Moreira and Codeseda, both in the town of A Estrada, and the monastery of Aciveiro).

The natural spots on the banks of the Ulla River, the bridges and the mills scattered all along the Lérez River immerse us in leafy, humid and green riverside forests. Moreover, from the top of O Candán Hill, we can admire large fields and oak groves in the background. The magic of the woods accompanies us through abandoned villages, such as the one of Grovas or the old village of Vichocuntín, Arufe and Godela, which have been silent witnesses of a bustling past that has now disappeared because the locals had to leave the countryside in search of a better life.

There are also traditional festivals and performances such as the Rapa das Bestas (an event where the manes of the wild horses are cut), held in the town of Sabucedo, or festivals offering delicious food like the Salmon Festival in the town of A Estrada and the festival of the *richada* (typical local stew) in the town of Forcarei. Cheese is accompanied by cider or *filloas* (Galician crepes).



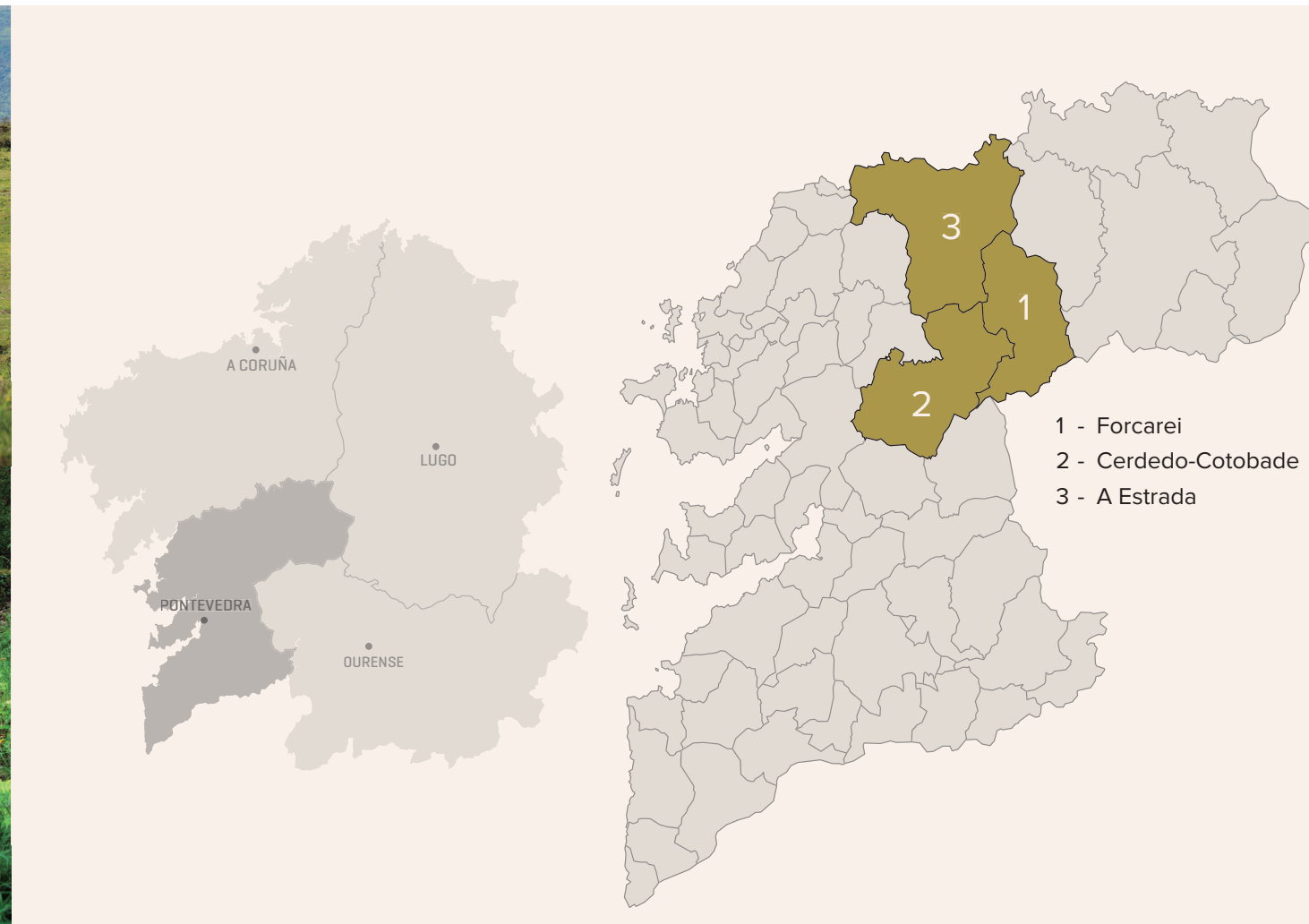
O Cando Hill (Cerdedo-Cotobade, Forcarei and A Lama)



Small village of Grovas (Forcarei)



Eirado de Filgueira (Cerdedo-Cotobade)



- 1 - Forcarei
- 2 - Cerdedo-Cotobade
- 3 - A Estrada

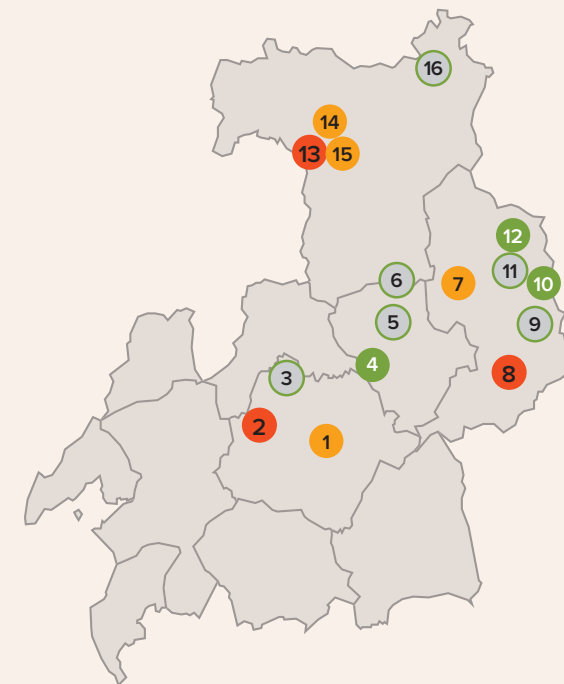


Surrindings of Ulla River and O Xirimbao Bridge (A Estrada)

Ulla River-Salmon Fishing Championship

ROUTE 11 Tabeirós-Terra de Montes and Pontevedra

A WORLD OF RICHNESS IN THE COUNTRYSIDE



MUSEUMS

2 Casa da Gaita

It is a remarkable museum of traditional Galician music, in the village of Viascón, specialised in the bagpipe (*gaita*). It also exhibits other traditional musical instruments and old photographs. The Casa da Gaita introduces us to the life of Ricardo Portela, which was one of the most renowned bagpipers in Galicia.

📍 Viascón, 36121 Cerdedo-Cotobade

P +34 986 847 074
+34 661 637 696 (by appointment only)

W www.concellodecotobade.org

8 Centro Etnográfico de Terra de Montes (CETMO)

This ethnographic centre, located in an old traditional house, reveals how rural life was in the region between the end of the 19th century and the 1970s: livestock farming, agriculture and trades, housing, food, childhood, traditional women's or men's tasks, and the phenomenon of rural exodus and emigration. **Temporarily closed for works.**

13 Museo do Pobo Estradense Manuel Reimóndez-Portela

This museum, located in the former municipal slaughterhouse and dating from 1924, shows the traditional life of the local people from A Estrada. It exhibits objects used in the old farming activities, traditional trades and everyday life. The replica of a classroom of an early 20th-century school and a display of traditional toys show how childhood used to be in rural areas. **Temporarily closed for works**, you can visit the Museum at www.museo.aestrada.com

📍 Rúa Matadoiro, 17, 36680 A Estrada

P +34 986 572 738 (cita previa)

W www.museo.aestrada.com

OTHER POINTS OF INTEREST

3 Eirado de Pedre (Cerdedo-Cotobade)

It is one of the most renowned groups of *hórreos* (typical granary houses) in Galicia, called Eira Grande, which consists of 12 *hórreos* arranged around a big square near the Eira do Pallal, where peasants used to thresh the rye and husk the corn. The *hórreos*, built in stone and wood, and provided with pitched roofs, have been restored.

5 Eirado de Filgueira (Cerdedo-Cotobade)

It consists of 21 *hórreos* arranged around a *cruceiro* (stone cross) and the shrine of the Virgin of Os Remedios, in the middle of lands and countryside houses.

6 Rapa das Bestas de Sabucedo (A Estrada)

The village of Sabucedo hosts one of the most peculiar traditions in Galicia, which shows the symbolic strength of the horse. This festival is celebrated in July and consists of bringing the herd of horses that live wild at the Montouto Hill and grouping them in a big fence. There, the *aloitadores* and *aloitadoras* overpower the beasts in order to cut their manes.

9 Neveiras de Fixó (Forcarei)

Ice-storage walls located 800 metres above sea level, which date from the 17th century, and were linked to the monastery of Aciveiro. They consist of two large-capacity waterholes to store ice that was used to preserve food. The house of the *neveiro*, the person responsible for the ice production, has been preserved. There is a trail from the *neveiras* to the village of Grovas.

11 Monastery of Santa María de Aciveiro (Forcarei)

Located near the source of the Lérez River, it was founded by a community of twelve monks in 1135, but soon they were more than 100. The church is a good example of the Galician Romanesque although the original façade was rebuilt in the 18th century. One of the activities carried out by the monks was the trade of ice produced in the *neveiras* (ice-storage walls) built in O Candán Hill. The association of the friends of the monastery has a Facebook profile including information about activities, guided tours, exhibitions...

16 Pazo de Oca (A Estrada)

Although the origin of this typical manor house dates back to the 13th century, most of the buildings that have been preserved are in the Baroque style and date from the 18th century. It has a large garden, an orchard, a church devoted to Saint Anthony of Padua and several houses for the day labourers. The proprietors of the *pazo* also owned the wood Fraga da Cerrada, the oak grove of Ouriles and the meadows of Subatán and Badoucos. The *pazo* is popularly known as the Galician Versailles due to its beautiful gardens.

CULINARY MOMENTS

These regions offer a varied culinary offer. It is worth tasting its apples and cider, cheese and cottage cheese, mushrooms, *cocido* (Galician stew), wild boar or foal meat, salmon, *filloas* (Galician crêpes), vegetables and the *richada* (fried spiced beef cut into pieces typically served with potatoes).



Casa da Gaita (Cerdedo-Cotobade)



Pazo de Oca (A Estrada)



Pazo de Oca (A Estrada)



Monastery of Santa María de Aciveiro (Forcarei)