

We recommend you a custom-made tour to enjoy unforgettable days in As Rías Baixas.

The most important museums, the natural and cultural attractions of the main towns and the cuisine that should not be missed.

## Day 1:

## MOAÑA AND CANGAS

**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.

**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.

**Ría de Vigo Golf Club****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.

**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.

**5 O Facho Hill and archaeological site (Cangas)**

It is a natural viewpoint over the Cíes 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.



### Cape Cabo Home (Cangas)

It serves as a strategic point and is located near the archipelago of the Cíes Islands. It is dangerous to sail in this area due to the ocean currents, rocky ledges, fog and high waves. There are three lighthouses, one at each end of the cape to warn sailors of the potential dangers.



### Rodeira Beach



## Day 2:

### BUEU



### 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.



### 9 Festa do Polbo (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.



## 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.



## Day 3:

### BUEU AND MARÍN



#### 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.



#### Parque dos Sentidos-Granxa de Briz (Marín)

It was originally an old farm owned by the monks of Oseira. It has a playground area, an adventure park, a natural and an artificial lagoon, an open-air hall and a traditional house with fruit trees, vineyards and local plant species.



## 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.



### 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.



### 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)...



### Traditional marketplace, fishing port and fish market (Bueu)

Don't skip a visit to the traditional marketplace in Bueu with stands offering fresh, seasonal products, the fishing port and the fish and seafood market.



### 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 Hills and Beaches).