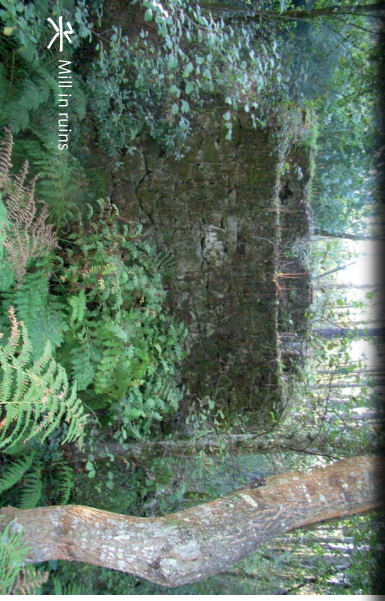




Washhouse on the River Catoira



Mill in ruins



Wooden bridge on the trail

TORRES DEL OESTE AND THE CHAPEL OF SANTIAGO

Located where the River Ulla meets the Ria de Arousa estuary, this is an archaeological site consisting of a set of towers of Roman origin that served as a fundamental element of the defence of the lands of the Archdiocese of Santiago de Compostela from Norman attack during the Early and Late Middle Ages. Due to the weak existing defences in the area, King Alfonso V decided to donate the Island of Oeste to the church, for the construction of a fortress in the year 1024. Years later the defences were reinforced with more solid walls and a chapel was added in honour of St. James the Apostle (Santiago).

SAN CIBRÁN SHRINE

The building, made of carved stone, has undergone multiple renovations so it is difficult to determine the exact date it was built.

A few metres away from the shrine is a calvary, 4.5 m high, possibly from the 18th century, which represents a Christ crucified looking towards the shrine, as well as also representing a Lamentation of Christ.

VIKING LANDING IN CATOIRA

This tradition, declared a Festival of International Tourist Interest, reunites thousands of people the first Sunday of every August.

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NATURE TRAIL ENVIRONMENTAL ROUTES ALONG THE RIVER CATOIRA

ROUTE ALONG THE RIVER SAN CIBRÁN

1a. The trail path from the recreational area of Abalo, located next to the shrine of San Cibrán, and running for some three kilometres alongside the recreational area of Barral, where it unites with the trail by the River Catoira.

1b. The first section of this trail is a hike practically covered by vegetation until you reach a small wooden bridge. Further ahead, the path reaches a prairie with an old mill on the right.

1c. After that, the route continues by passing through a series of open meadows until crossing a small asphalt road.

1d. On the final stretch, the walker crosses the river over small stone bridges that will take them to Barral, the final stop on this route.

ROUTE ALONG THE CATOIRA RIVE

2a. This route begins in the recreational area of Porto Cables and descends along the left hand side of the River Catoira until crossing a small stone bridge, situated next to an old mill.

2b. The route continues until reaching an asphalt road that crosses the river and follows its left bank, until reaching another bridge that you do not cross.

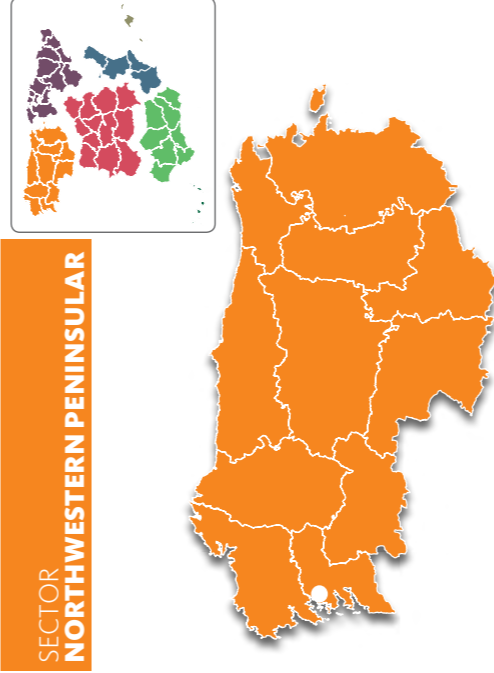
2c. After walking by an area with quite dense bush vegetation, the route reaches the main road (PO-548), crosses it and continues by the right bank of the river.



OLD WATER MILLS AND RIVERSIDE WOODLAND

The municipality of Catoira is located on the Ria de Arousa (Arousa estuary), in the province of Pontevedra. This nature trail consists of two environmental routes, each one approximately 3 km in length, which runs by the rRivers San Cibrán and Catoira respectively.

Riverside woodland surrounds the traveller on their route through this privileged location, where water has been an essential element of the landscape for many years. There are therefore several mills that appear along the banks of these two rivers, hidden on occasions by leafy vegetation.



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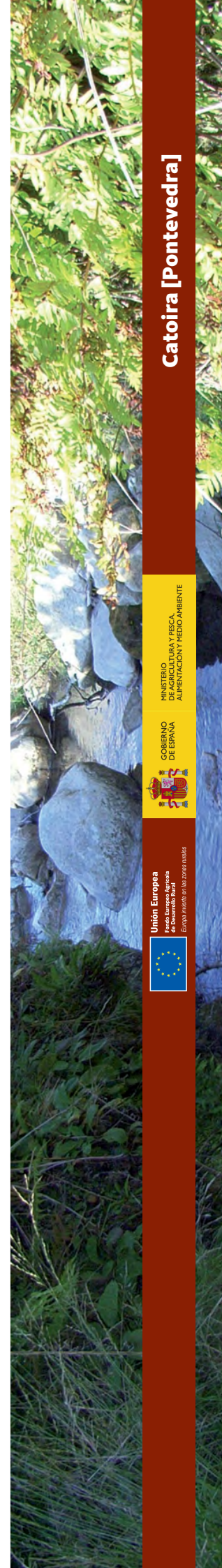
Since 1993 the Ministry for Agriculture and Fisheries, Food and the Environment's Nature Trails Program aims to restore former transport infrastructures such as railway tracks, cattle trails and traditional routes, for public use and enjoyment. These routes take us to the countryside to discover the biodiversity and beauty of our precious natural heritage, and discover the villages, sights, traditions and people that are part of the unique cultural landscape of our country.

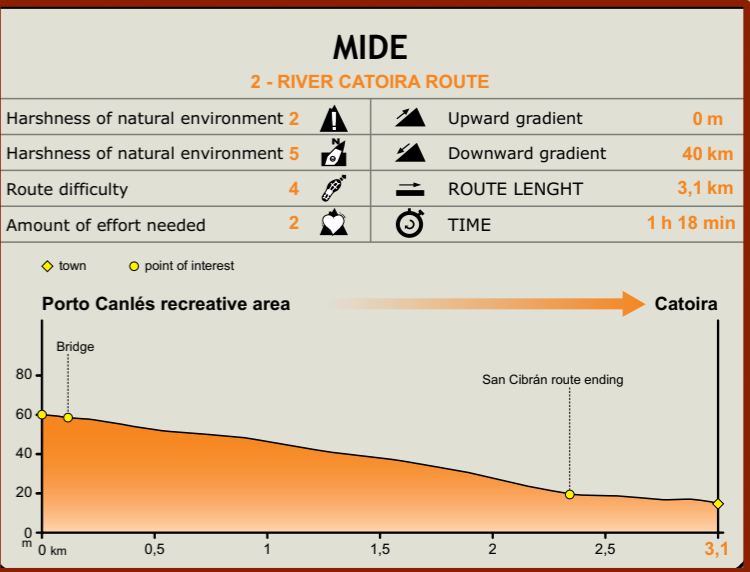
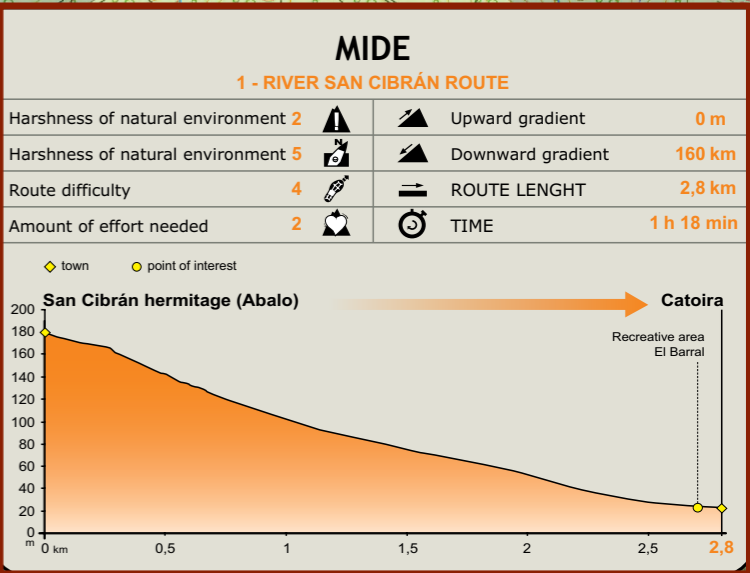
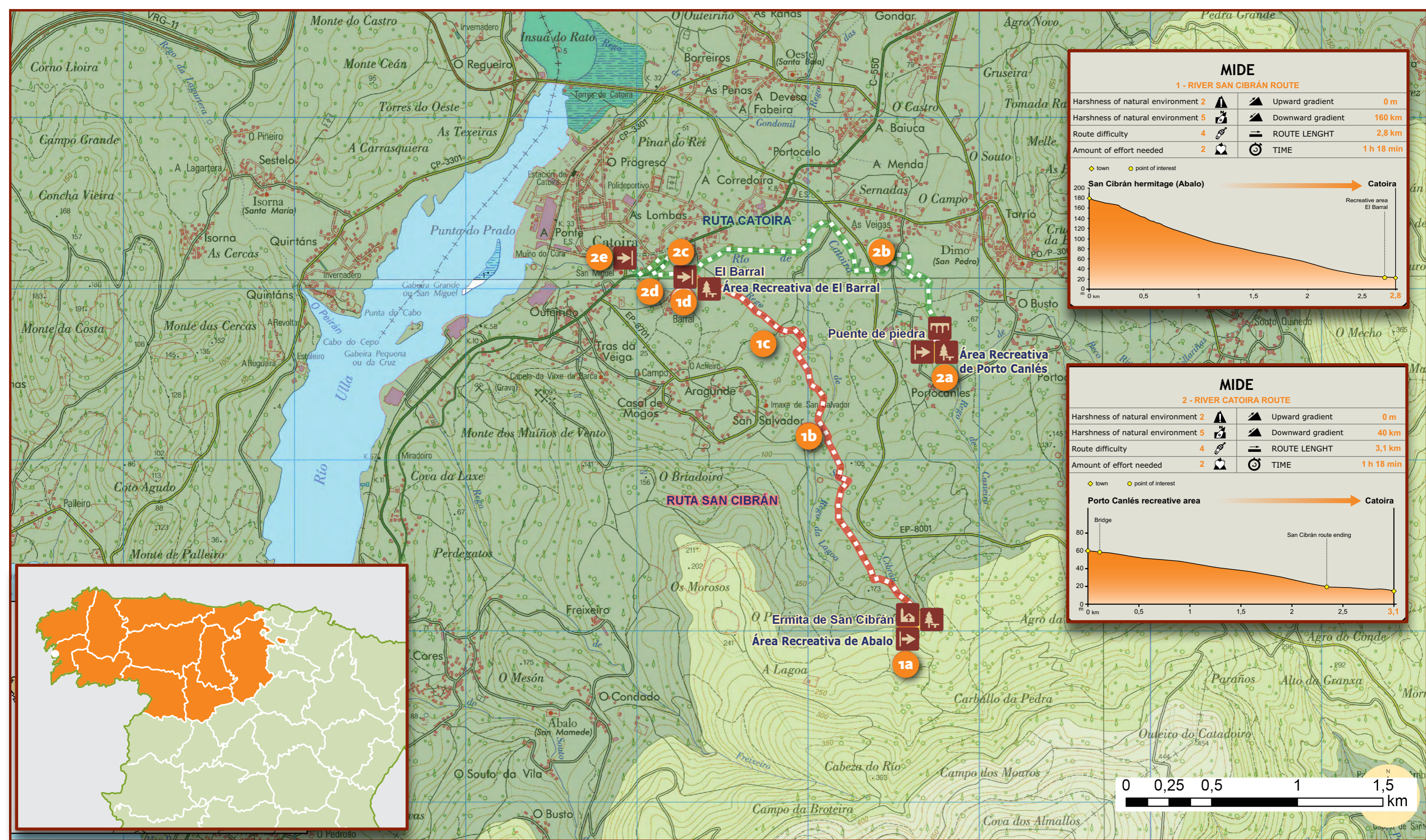
We invite you to visit them and offer you the keys to enjoy the trip. In this brochure you will find a brief description of Environmental routes along the River Catoira Nature Trail and the map for the journey, along with recommendations to make the most of this experience. We only ask one thing of you: do not forget to leave everything as you found it. The conservation of these pathways is also your responsibility.

TELEPHONES OF INTEREST:

- City Council of Albelaida: 0034 986 54 60 14

NATURE TRAIL ENVIRONMENTAL ROUTES ALONG THE RIVER CATOIRA





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NATURE TRAIL ENVIRONMENTAL ROUTES ALONG THE RIVER CATOIRA

- Starting point
- End of trail
- Rest area
- Bridge
- Religious building