



ENGLISH

ACTIVE TOURISM GUIDE

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We welcome you to Ferrolterra -Rías Altas, and we hope you have the best experience ever living your adventure in contact with the unspoilt nature in this destination.

Here you will find a rich offer of activities adapted for every sort of client. On the coastline you will count with estuaries and beaches which open to the Atlantic Ocean, the ideal scenery for water sports. Don't miss the estuaries of Ares and Ferrol, as well as the views from "The best bench in the world", in Loiba (Ortigueira). You will also find other unique and gorgeous water spaces, as the lagoons in Doniños and Valdoviño, and the artificial lake in As Pontes.

The Serra da Capelada, stuck to the coastline, is a magical and unique place; both the Garita de Herbeisa (the highest cliffs in continental Europe) and San Andrés de Teixido, where "he who didn't go when alive, goes when deceased".

But there are more areas you must visit, either on foot or by bike, such as the Natural Park of Fragas do Eume, or the surroundings of Belelle river.

In short, a territory which is very rich in natural resources to enjoy through the practice of different active tourism activities.

This guide includes activities offered both by companies and clubs or associations:

COMPANIES ★

CLUBS OU ASSOCIATIONS ♥

Can you bring yourself to live your adventure?



Surf

COSTA DAS ONDAS



“A natural paradise for the practice of surf”

Wave Coast is the name by which this strip of wild coast is known, formed by **12 beaches of exceptional quality to practice surf**. Their different orientations are a guarantee to be able to surf the 365 days in the year, also offering different types of waves which are suitable both for those who are learning and more experienced surfers.

From north to south you will find the best waves in the beaches of **Esteiro, Vilarrube, Pantín, A Frouxeira, Campelo, Ponzos, Santa Comba, Covas, -O Vilar, A Fragata, Esmelle, San Xurxo and Doniños**.

There are also various services related to this sport. You will find **surf schools** with daily lessons, **surf camps** in which, apart from the lessons, there is also accommodation for groups and surf houses for surfer travellers. You will also find **surf shops** which sell technical material, as well as **shapers**, willing to provide you with the best board for your best surfing.

Without a doubt, the Wave Coast is your surf destination.

www.costadasondas.surf
info@costadasondas.surf



Surf SCHOOLS

“Upgrade your surf technique surrounding yourself with the best professionals in a unique environment”

If you want to start out in this sport, our beaches are perfect to get your first waves. Also, the soundness of our monitors guarantees a first quality teaching. There are several schools spread along the different beaches. They are all good, you just have to pick one. Can you bring yourself along?

Surf Weekend

From 60€ you will be able to get into the water in a two-hour lesson on Saturday and another one on Sunday. The price includes all the equipment required, as well as the obligatory insurance. Two days of lessons is the minimum you need to get familiarised with surf.

Surf Week

From 100€ you will be able to enjoy a daily lesson from Monday to Friday. It includes, as in the weekend course, the required equipment and the obligatory insurance. In a week you will get your first wave come what may, get your camera ready.

A1



"Surf and learn with the champion Estitxu Estremo"

ALAWA SURF CAMP

Open during the summer season with surfing, longboard and SUP lessons in Pantín beach, or in Vilarrube beach for rides on surface. They also provide material for rent in their premises on the beach.

ADDRESS: **PLAYA DE PANTÍN** WEB: WWW.ALAWASURFCAMP.COM

A2



"The best combination between sport and spirituality"

FERROL SURF SCHOOL

Offer of accomodation and surf courses designed for small groups. It has a great room which charms all yoga followers. It is located in a priviledged place close to the best beaches.

ADDRESS: **PLAYA DE COBAS** WEB: WWW.FERROLSURFSCHOOL.COM

A3



"Become a pro surfer in record time with Luís Rodríguez"

LUIS RODRÍGUEZ SURF SCHOOL

School located in Doniños beach. It offers personalised surf lessons for people of all ages organised in reduced groups and adapting them to everyone's level on order to get a quick evolution.

ADDRESS: **PLAYA DE SAN JORGE** WEB: WWW.LRSURFSCHOOL.COM



"Come and find your favorite surf spot in Ferrol"

MONOS DE MAR

This school aims to take surf to all publics with a ludic orientation. Its meeting point is on any beach in Ferrol, always in search of the best waves.

ADDRESS: **PLAYA DE ESMELLE** WEB: WWW.MONOSDEMAR.WEBBLY.COM



"Discover the charm of the northern Galician estuaries"

ORTEGAL SURF ESCOLA

Their base located in San Antonio beach, it offers surf lessons to anyone over 6 years old, for all levels, as well as paddle surf routes, with the aim of discovering the quiet estuaries surrounding us.

ADDRESS: **PLAYA DE SAN ANTONIO (ESPASANTE)** WEB: [@ORTEGALSURFESCOLA](https://www.instagram.com/ortegalsurfescola)



"It is part of the talent pool for the Pantín Classic Pro"

PANTÍN CLASSIC SURF SCHOOL

It is the official school of the Pantín Classic Pro, qualifying competition in the World Surf League. Their activities are mainly carried out on Pantín beach, Valdoviño Town Council.

ADDRESS: **PLAYA DE PANTÍN** WEB: WWW.PANTINCLASSIC.COM



"Surf and touristic quality on the 365 days of the year"

PANTÍN SURF CAMP

First professional project of Surf Camp in Pantín beach, and first surf school to obtain the Q for Touristic Quality in Spain. Active on the 365 days of the year.

ADDRESS: **PLAYA DE PANTÍN** WEB: WWW.PANTINSURFCAMP.COM



“Good surf in theory and practice in the spot of reference”

SPOT SURF SCHOOL

This surf school is located in a unique location, opposite the well-known beach of Doniños, in Ferrol. You will have access to their ample facilities, where you can even park your car.

ADDRESS: **PLAYA DE DONIÑOS** WEB: WWW.SPOTSURFSCHOOL.COM



“Where surfing will be your only concern”

THE CAMP

The Camp is a space conceived to make possible that guests' only concern is surfing and sharing experiences with other fans of this sport. It's open all year round.

ADDRESS: **PLAYA DE DONIÑOS** WEB: WWW.THECAMP.ES



“Surf for everyone in a spectacular location”

VALDO SURF SCHOOL

In this school you will be able to take beginners, advanced and competition surfing and bodyboard courses, taught by certified monitors and designed for all ages. On A Frouxeira Beach, Valdoviño.

ADDRESS: **PLAYA DE A FROUXEIRA** WEB: [@VALDOSURF](https://www.instagram.com/VALDOSURF)



“Surf and bodyboard where the Atlantic and the Cantabric merge together”

OXÍGENO SURF SCHOOL

Surfing and bodyboard course on Esteiro beach from Easter until September, 30th.

ADDRESS: **PLAYA DE ESTEIRO. MAÑÓN** WEB: WWW.OXIGENOSURF.COM



Surf CAMPS

You will not have had a true surfer experience if you haven't lodged in a surf camp. Surround yourself with people with your same passion and you will totally enjoy the surfing lifestyle, at least for a week. A week of surfing with accommodation and full board.

From 500€ you will have an all included offer of 7 days of surfing lessons, lodging and full board in one of the surf camps in the Wave Coast.

"Plunge into a genuine surfing experience in the most attainable and true fashion in surf camps in the Wave Coast"



"Surf and learn with the champion Estitxu Estremo"

ALAWA SURF CAMP

Open during the summer season with surfing, longboard and SUP lessons in Pantín beach, or in Vilarrube beach for rides on surface. They also provide material for rent in their premises on the beach.

ADDRESS: **PLAYA DE PANTÍN** WEB: WWW.ALAWASURFCAMP.COM



"Your home turned into a surf camp, wherever you may come from"

CAMPEIRAS SURF CAMP

Aimed at the exchange of people from anywhere in the world willing to surf or learn to surf, enjoy the best beaches and landscapes in the northwest of Spain.

ADDRESS: **PLAYA DE A FROUXEIRA** WEB: WWW.CAMPEIRASSURF.COM



"Surf and touristic quality on the 365 days of the year"

PANTÍN SURF CAMP

First professional project of Surf Camp in Pantín beach, and first surf school to obtain the Q for Touristic Quality in Spain. Active on the 365 days of the year.

ADDRESS: **PLAYA DE PANTÍN** WEB: WWW.PANTINSURFCAMP.COM



"Where surfing will be your only concern"

THE CAMP

The Camp is a space conceived to make possible that guests' only concern is surfing and sharing experiences with other fans of this sport. It's open all year round.

ADDRESS: **PLAYA DE DONIÑOS** WEB: WWW.THECAMP.COM



Surf HOUSES

"Find your home in the Wave Coast, stay at any of the surf houses on the coastline which will captivate you"

If you are a free surfer and want to plunge into the surfer spirit in the Wave Coast you can stay at a surf house. They don't only offer accommodation, but also provide all the services you and your board may need. As well as that, you will stay with other surfers with whom you will be able to share your favorite spots of the area.

From 25 € per day/person, on a bed and breakfast basis. They also provide surfing lessons. Don't hesitate and contact us!

c1



"The best combination between sport and spirituality"

FERROL SURF&YOGA HOUSE

Offer of accommodation and surf courses designed for small groups. It has a great room which charms all yoga followers. It is located in a privileged place close to the best beaches.

ADDRESS: **PLAYA DE COBAS** WEB: WWW.FERROLSURFSCHOOL.COM

c2



"Forget your daily routine and just... #GetUpAndSurf"

SURF & BREAKFAST

Its motto is #GetUpAndSurf, wake up in this surf house in Valdoviño and surf on one of the most impressive beaches in the Atlantic. This lodging has an excellent location, surrounded by the best spots in the Wave Coast.

ADDRESS: **AV. FERROL, VALDOVIÑO** WEB: WWW.SURFANDBREAKFAS.COM

c3



"Much more than a surf house, an amazing experience"

SURF HOUSE CEDEIRA

In this house you will be able to relax and at the same time get surfing or mindfulness/yoga lessons, go on a boat fishing ride or go hiking. Rent your equipment and then relax with a massage and a good menu.

ADDRESS: **AV. ZUMALACÁRREGUI, 72, CEDEIRA** WEB: WWW.SURFHOUSECEDEIRA.COM



Surf SHOPS

The official shops in the Wave Coast have, as well as clothing, all the technical equipment you may need. Many of them even have their own brand of technical equipment which will ensure a 100% Wave Coast experience.

They will also advise you on the best materials according to the season and conditions of every beach. But if you are a surfing lifestyle fashion victim you will be able to get the latest trends in clothing and accessories.

“Do you miss anything in your luggage? In the specialised surf shops you will find everything you need so as not to miss even one wave”

D1

*"Surf fashion with shaper soul"*

CREST SURFBOARDS

Apart from the hand-made boards customised for each customer, this shop provides the newest brands in the surf industry. Equip yourself with everything necessary to enjoy surfing in the Wave Coast.

ADDRESS: C/VENEZUELA, 41-43, FERROL
 WEB: WWW.CRESTSURFBOARDS.STRIKINGLY.COM

D2

*"The best selection of equipment and fashion made by true surfers"*

DROP IN SURFSHOP

In this shop you will find a very thorough selection of all the equipment needed for the practice of surfing, bodyboard, SUP, skate, as well as clothing and complements.

ADDRESS: CATABOIS, 120, FERROL WEB: WWW.SURFDI.COM

D3

*"Surf shop in the centre of Ferrol"*

SPOT SURF 180

Find the best brands of technical equipment to make surfing the best of your sensations. You will be able to choose from your board to the latest fashion complement coveted by every surfer.

ADDRESS: C/DOLORES, 5, FERROL WEB: WWW.SPOTSURFSHOP.COM



Surf SHAPERS

"Visit our shapers and you won't be able to go back home without a bit of the surf culture in the Wave Coast"

Boards made with the soul of the Wave Coast. Our shapers sure know what they are doing and they do it very well. They make their boards by designing them so that you can enjoy your best surfing. Take advantage of your trip and get an exclusive board, thought expressly for you, your physical features, level and the use you wish to give it. Boards made in Wave Coast will provide an extraordinary surfing sensation, adapted to the conditions of your favorite waves.





“Get your Ben Wei board in your trip to the Wave Coast”

BEN WEI SPAIN & PORTUGAL

Everything coming out of Ben Wei's mind and made by his hands becomes a unique design and board destined to give their riders the best sensations. Come to their only authorised shop in Galicia.

ADDRESS: PUERTA DE NEIRA, 104, FERROL WEB: WWW.BENWEISPAIN.COM



“Design of polyvalent boards based on the surfing culture”

CREST SURFBOARDS

Hand made boards, customised for each customer. This artisan shaper brings together the respect for the profession and the passion of the surfer who knows the importance of a good board for the enjoyment of a good bath.

ADDRESS: C/VENEZUELA, 41-43, FERROL
WEB: WWW.CRESTSURFBOARDS.STRIKINGLY.COM



“You can stop searching, Toma Goma is your artisan shaper”

TOMA GOMA SURFBOARDS

Your craft workshop for surf boards where you can get your boards made and fixed. Its speciality are classic boards, longboards, retros and mid-lengths. Boards made with tinted resin and with the best materials. Repairs also carried out.

ADDRESS: TRAVESÍA CARREIRA, 32, VALDOVIÑO WEB: WWW.TOMAGOMA.COM



Museum
OCÉANO SURF MUSEO



“If surfing is your passion, or you are curious about it, Océano Surf Museum is a must”

The only museum devoted to surfing in Spain is located in a unique property which has been awarded with the National Architecture Prize. The unifying thread of the permanent exhibit is the history of surf in Galicia, but the history of this sport in the world is also explained, from its origins to our days, supporting the explanations with texts, plans, images, original pieces, photographs and audiovisual material organised in different thematic areas. Also, complementary activities are periodically organised, such as temporary exhibits, film or music series and training sessions on different topics.

Océano Surf Museo
C/Gándara de Abaixo, Valdoviño
www.oceanosurfmuseo.org



Btt **ACTIVE**

"Discover the amazing routes running through impressive landscapes and cliffs to choose your favorite secret place"

If you a cycling lover, Ferrolterra is the perfect place to enjoy it. You will be able to find your favorite spot cycling through the many overwhelming kilometres of nature in this destination's tracks. You will also be able to practise this sport in a BTT centre which will offer several signposted routes for all levels. You don't need to bring your own helmet, we lend you one!



“Discover the natural paradise of Esmelle Valley on bicycle”

CENTRO BTT VALLE DE ESMELLE

Free access space where both beginners and experts can practise this sport and also know the landscape, natural and cultural richness of the place in respectful surroundings with the environment.

ADDRESS: LOCAL SOCIAL DE ESMELLE, ESMELLE WEB: WWW.BTTESMELLE.COM



“You will love the mountain with all the possibilities you will be offered”

CLUB DE MONTAÑA FERROL

Activate yourself in a mountainous environment where you will be guided according your level of physical effort and activity difficulty. Hiking and BTT routes, trekking routes and climbing are some of its activities.

ADDRESS: C/CORUÑA, 102, 1º DCHA, FERROL
WEB: WWW.CLUBMONTANAFERROL.GAL



“Taste the natural surroundings of Fragas del Eume environment in an active way”

EUMEAVENTURA

Sport and touristic activities through the Fragas del Eume, so that you will know all the unknown areas in the natural park. Also, you will get acquainted with mountain sport through hiking routes and other different activities.

ADDRESS: FRAGAS DO EUME WEB: CONTACTO@EUMENATURA.COM

Hiking

You can start the English Way to Santiago de Compostela, or arrive there on foot or by bike through the way to San Andrés de Teixido. But we also provide different shorter itineraries which are also signposted. If you like company you will be able to take part in group outings organised by different entities. Remember to bring comfortable shoes. Oh! And don't use new footwear on the departure day.



"Do you want to live an experience which will leave a lifelong mark on you? Enter the natural spaces in Ferrolterra on your own"



"You will love the mountain with all the possibilities you will be offered"

CLUB DE MONTAÑA FERROL

Activate yourself in a mountainous environment where you will be guided according to your level of physical effort and activity difficulty. Hiking and BTT routes, trekking routes and climbing are some of its activities.

ADDRESS: C/CORUÑA, 102 1º DCHA, FERROL WEB: WWW.CLUBMONTANAFERROL.GAL



"Taste the natural surroundings of Fragas del Eume environment in an active way"

EUMEAVENTURA

Sport and touristic activities in the Fragas del Eume, so that you may get acquainted with the unknown areas in the natural park and enjoy sport in the mountain through hiking routes and other activities.

ADDRESS: FRAGAS DO EUME WEB: CONTACTO@EUMENATURA.COM



Climbing AND RAPPEL

From 6 years onwards you can put on a harness and make your way up a climbing wall, start with a climbing baptism or, if what you wish is to become an expert, you can join on a several day course. You will have innumerable spaces and rappel and climbing activities in which you will enjoy climbing walls. If you wish, you can also have a special guide service available.

"Are you ready to get a very different view of the territory? In Ferrolterra there are innumerable walls which will allow you to"

"Rappel, climbing or vertical hiking. Try them all!"

CANTIL ESCALADA

Embark on climbing! Get close to the inaccessible rocky areas with the vertical hiking activities, a walk through the cliffs where a normal hiker doesn't usually get to.

ADDRESS: **FERROL** WEB: WWW.CANTIL.ORG

"Not only climbing, but also spelunking, mountain, nature and walking"

CLUB DE MONTAÑA FERROL

Know the most consolidated routes with this group of friends who have been walking together in nature for more than 30 years now. Consult their activities in the website, register and enjoy!

ADDRESS: **C/CORUÑA, 102 1º DCHA, FERROL** WEB: WWW.CLUBMONTANAFERROL.GAL

Golf

Golf is a sport for every age which can also be your companion for life, helping you to make true and healthy friendships. Your holidays are a good moment to begin, don't you think? If you are already an expert in this sport, you will also be able to show your prowess while you enjoy the gorgeous scenery and the pure air in one of the most valuable natural sites in the European continent.

"Practice this sport in a healthy environment outdoors. Disconnect from your daily routine and find your moment of peace"



"You golf break in O Val, just 5 km from Ferrol"

CLUB DE GOLF CAMPOMAR

As well as the great golf course with 9 holes and a length of 2,675 metres, you will be able to take your lessons, rent your material, use the facilities and even organise a family lunch.

ADDRESS: C/VILACORNELLE, O VAL, NARÓN WEB: WWW.CLUBCAMPOMAR.COM



Multi-adventure



"A place to disconnect between the mountain and the sea"

CASA FRAGAS DO EUME

Big house dating from the end of 19th century, built on stone and restored with all modern comforts. They offer hiking, cycling tours and innumerable options to keep on enjoying nature.

ADDRESS: **LUGAR MALLO, 2, MONFERO** WEB: WWW.CASAFRAGASDOEUME.COM

"Do you know how to spend an amazing day with your family or friends? A kayak route is always an ideal option"



Kayak

Enjoy all the options Ferrolterra provides in guided routes to discover another way of interpreting the territory. You can also rent your boat for specific kayak tours in the sea, in the estuaries or in the various rivers and lakes in this destination.

And you don't need to be David Cal to enjoy this activity! Listen to the specialised monitors and live your own experience.



*"Conquer the spots with enchantment in Ferrolterra.
From the water!"*

CLUB NÁUTICO FOLIXA

If feeling the most intense sensations is what you are looking for, you will be able to surf the best waves on a kayak. You will also be able to take part in the Polo kayak tournaments scoring goals as you move along with a paddle.

ADDRESS: PRESA DA RIBEIRA, AS PONTES DE GARCÍA RODRÍGUEZ
WEB: WWW.NAUTICOFOLIXA.COM



"An infinity of water activities"

CLUB MARÍTIMO DE REDES

Every year, this club offers usual activities you can join in, and it widens its offer with new courses, kayaking tours, SUP outings or wind-surfing. Try it and you will hit the mark!

ADDRESS: PUNTA DO CASTELO, REDES
WEB: WWW.FACEBOOK.COM/CLUBMARITIMODEREDES



"Committed to make our landscapes known"

CABANAS KDM OCIO ACTIVO

The great variety of our boats makes us unique in the development of sea kayaking activities, allowing us to organise them for every level of learning of the participants all throughout the year.

ADDRESS: CAMPO DO OITO, CABANAS WEB: WWW.CABANASOCIOACTIVO.COM



"Enjoying canoeing in the Fragas del Eume Natural Park"

FIRRETE AVENTURA

All year round, you are invited to carry out routes in a self-emptying canoe down the course of Eume river.

ADDRESS: AV. MARINA, PONTEDEUME WEB: WWW.FIRRETE.ES

“Design your strategy with your marker in your hand and face your best friends in a hysterical battle”

Paintball

If you like action and you are travelling in group, you can show your courage and aim with this fun activity. Develop your strategic side and work in team with your companions interpreting the different roles to defeat your opponent ball after ball in a natural surrounding where you will taste 100% adrenalin. Dare you take part in a friendly battle?



“Group action and strategy”



NORTHWEST PAINTBALL

Only 10 km from Pontedeume and 16 km from A Coruña you can find a field conditioned for combat in 7 different strategy and agility games which you can enjoy in your trips with family and friends.

ADDRESS: FERROL WEB: WWW.PAINTBALLFERROL.COM

“Master and play with the two most alien and difficult elements to be controlled by the human being, air and water. You will be hooked on this feeling”

Windsurf

Learn to slide, taking advantage of the impulse of the air, on the water of our estuaries and lakes. You can get beginners' and advanced lessons in this sport in any of the centres in this territory. But if you are an expert already, you will surely know which beach you will have to visit in order to jump among the waves. And if you are not, let yourself be led and we will take you to the best spots. Good wind!



“Embark on windsurf learning on Caranza beach in Ferrol”

CLUB WINDSURF FERROLVENTO

Do you wonder whether you will like it? Register a windsurfing baptism with Ferrolvento! They take care of everything, you will only have to slide and enjoy.

ADDRESS: AV. DEL MAR, 25-42, FERROL WEB: WWW.FERROLVENTO.COM

*"Feel totally free and
discover this destiny on
horseback"*

Horseback riding

Horseback riding is one of the most coveted activities in this destination. You can have familiarization sessions in closed facilities, or take part in group outings to ride across the most spectacular trails and sites discovering the pure nature and the most interesting touristic resources on the back of this noble animal.



"Get hooked on horse riding activities and leisure"

HÍPICA PRADO VENTURA

You can register in our horseriding conventional activities or guided tours, but also in therapy or coaching sessions or retreats to improve your personal skills.

ADDRESS: O APARRAL, CASAS HERMAS, AS PONTES DE GARCÍA RODRÍGUEZ
 WEB: WWW.HIPICAPRADOVENTURA.COM



"Discover this space dedicated to horseriding and nature"

GRANXA DO SOUTO

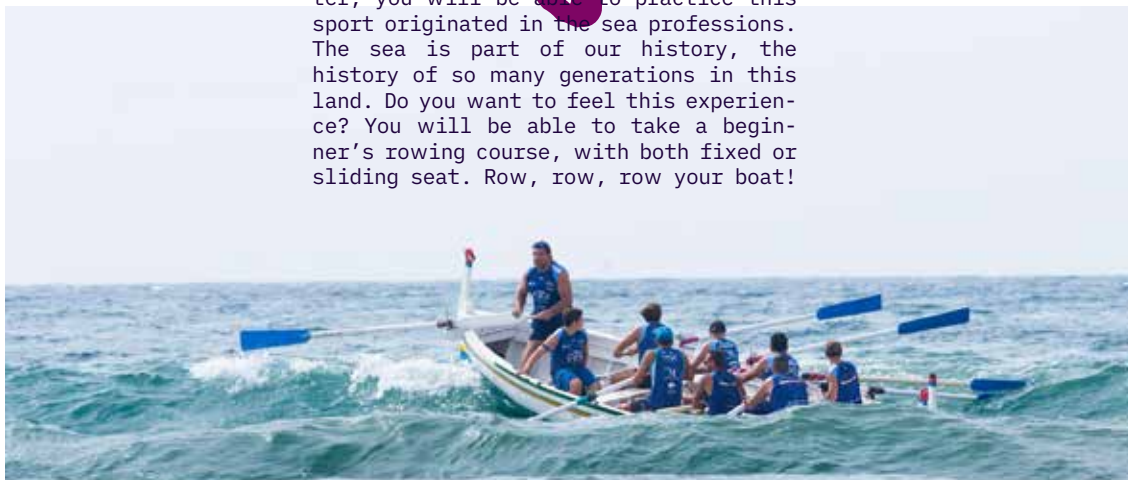
Enter this perfect place to practice horseriding and with a long familiar tradition. You will encounter nature and enjoy an enviable environment between Estaca de Bares and Cape Ortegal.

ADDRESS: MERA DE BAIXO, O SOUTO, ORTIGUEIRA WEB: WWW.GRANXADOSOUTO.ES

*"Enjoy the most connected sport
to the sea professions"*

Rowing

Both whether you like salt or fresh water, you will be able to practice this sport originated in the sea professions. The sea is part of our history, the history of so many generations in this land. Do you want to feel this experience? You will be able to take a beginner's rowing course, with both fixed or sliding seat. Row, row, row your boat!



"Fixed or sliding seat? That will be your choice"



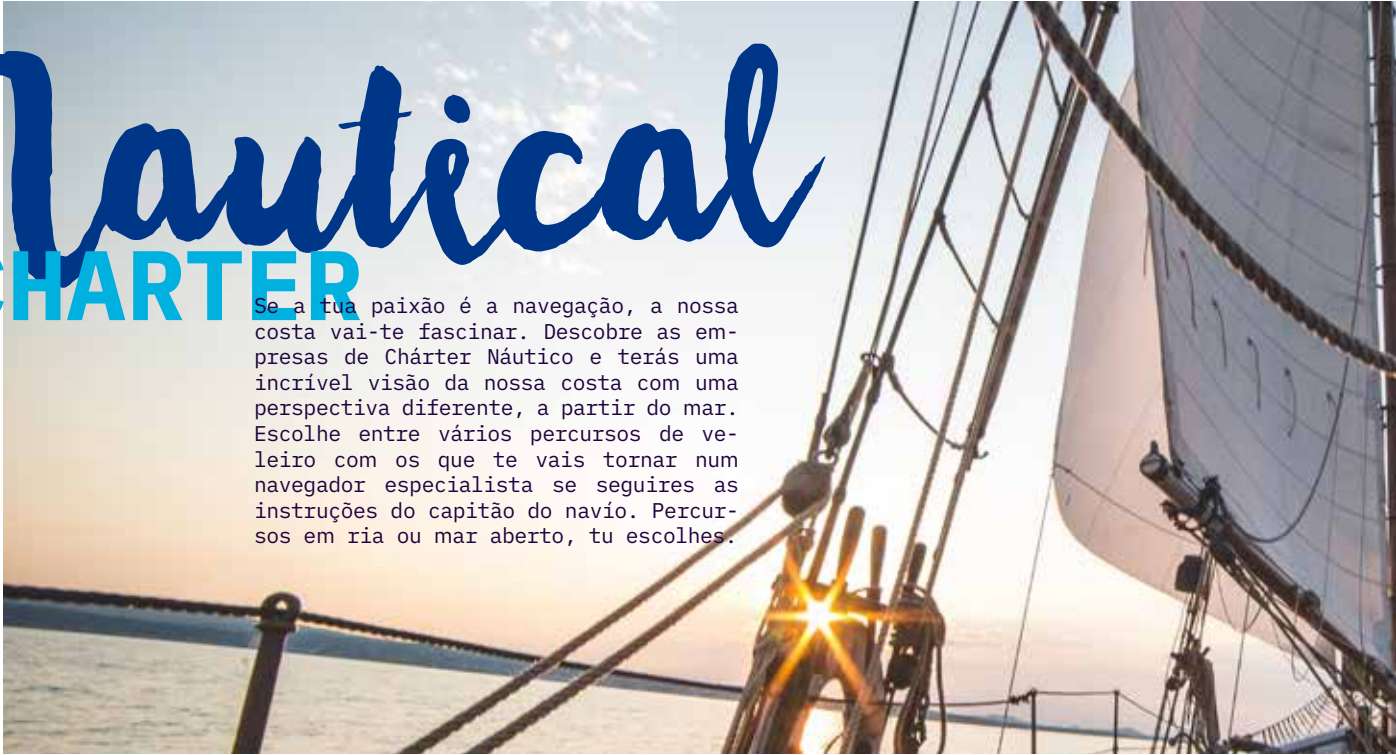
CLUB REMO NARÓN

Discover the rowing tradition with this club which keeps on broadening its talent pool in order to help this territory be a referent in Galician rowing.

ADDRESS: AV. MAR, 128, NARÓN WEB: WWW.CLUBDEREMONARON.COM

Nautical CHARTER

Se a tua paixão é a navegação, a nossa costa vai-te fascinar. Descobre as empresas de Chárter Náutico e terás uma incrível visão da nossa costa com uma perspectiva diferente, a partir do mar. Escolhe entre vários percursos de veleiro com os que te vais tornar num navegador especialista se seguires as instruções do capitão do navio. Percursos em ria ou mar aberto, tu escolhes.



“Go deeper in the sea of sensations in the Rías Altas”

¿QUERESVELA?

With the leadership of expert Captain Álvaro Carrodegua, you will be able to enjoy the incredible feeling of sailing in the estuaries of Cariño and Ortegá, discovering yet another way to see the coast.

ADDRESS: **CARIÑO** WEB: WWW.QUERESVELA.COM

“Surprise yourself with the feeling of sailing under the highest cliffs in Europe, a unique and unforgettable experience”

"A new way to get closer to nature, reachable to everyone and in the most fun fashion!"

Sup



You will only need a little balance and you will master this sport which will give you a new perspective from the water of the sites and territories you may already know. The paddle, the board and you, and get ready to

feel that you are conquering the waters in Ferrolterra. It is an ideal sport to practice on your own and interpret nature, but it is also quite amusing in company. What are you waiting for?



"Meeting point between nature, leisure and adventure"

ACTIVIDADES ESTACA

If your aim is to deepen in nature in the area of Ría do Barqueiro, Estaca de Bares or Sor river, this is your chance. You will be able to take part in Kayak or SUP routes, with or without a monitor, as well as innumerable hiking routes for all levels.

ADDRESS: MUELLE, O BARQUEIRO WEB: WWW.ACTIVIDADESESTACA.COM





"An infinity of water activities"

CLUB MARÍTIMO DE REDES

Every year, this club offers usual activities you can join in, and it widens its offer with new courses, kayaking tours, SUP outings or wind-surfing. Try it and you will hit the mark!

ADDRESS: REDES, ARES WEB: WWW.FACEBOOK.COM/CLUBMARITIMODEREDES



*"Conquer the spots with enchantment in Ferrolterra.
From the water!"*

CLUB NAÚTICO FOLIXA

If feeling the most intense sensations is what you are looking for, you will be able to surf the best waves on a kayak. You will also be able to take part in the Polo kayak tournaments scoring goals as you move along with a paddle.

ADDRESS: PRESA DA RIBEIRA, AS PONTES DE GARCÍA RODRÍGUEZ
WEB: WWW.NAUTICOFOLIXA.ES



"Discover the charm of the northern Galician estuaries"

ORTEGAL SURF ESCOLA

Their base located in San Antonio beach, it offers surf lessons, from 6 years on, for all levels, as well as paddle surf routes, with the aim of discovering the quiet estuaries surrounding us.

ADDRESS: PLAYA DE SAN ANTONIO (ESPASANTE) WEB: [@ORTEGALSURFESCOLA](https://www.instagram.com/ortegalsurfescola)



"Surf and learn with the champion Estitxu Estremo"

ALAWA SURF CAMP

Open during the summer season with surfing, longboard and SUP lessons in Pantín beach, or in Vilarrube beach for rides on surface. They also provide material for rent in their premises on the beach.

ADDRESS: PLAYA DE PANTÍN WEB: WWW.ALAWASURFCAMP.COM

*“Rest from active
tourism and enjoy
more peaceful
activities”*



Complementary ACTIVITIES

When you want to rest from the various active tourism activities offered by Ferrolterra, you will be able to visit different services where a rich variety of quieter activities is offered. You will be able to visit village cottages, school

farms, honey elaboration sites and go on different guided tours. You will also be able to take part in different tasks related to the farming professions.





“Get familiar to the art of apiculture in the surroundings of Fragas del Eume”

A CASA DO MEL

Next to the Fragas del Eume natural park, at one of its entrances, you will find this small spot which shows its visitors the surprising world of bees. You will feel a sting of curiosity!

ADDRESS: **CTRA. DE PONTEDEUME 5, AS PONTES** WEB: WWW.CASADOMEL.ES



“Let yourself be guided by the best experts on Ferrolterra365 territory”

FERTUR SERVICIOS TURÍSTICOS

Fantastic touristic guided routes which range from walking in the best natural surroundings in Ferrolterra, to visiting a naval base of the 17th century, as well as deepening into the entrails of a shipyard with impressively huge ships.

ADDRESS: **C/PISTA ISOLINA, 1, 20B, NARÓN** WEB: WWW.FERROLGUIAS.COM



“Visit your favorite theme park. It's in the heart of nature!”

GRANJA ESCUELA ALDEA NOVA

Live a true experience with activities linked to rural life: baking, fruit and vegetable growing, animal farming, beekeeping, popular games, routes through the forest, typical houses and other.

ADDRESS: **NARÓN** WEB: WWW.ALDEANOVA.COM



“A fantastic space for coexistence in the heart of nature”

GRANJA ESCUELA BELELLE

The best way to approach nature and the rural world, you will be able to bake bread, take care of and feed animals, work the land, and do other activities for groups and families.

ADDRESS: **PENAME, 15, NEDA** WEB: [@G.E.BELELLE](https://www.instagram.com/g.e.belelle)

late summer



"One of the kayaking descents of reference in Galicia"
BAIXADA DO EUME

This event in Eume river is considered as one of the best sporting events in Galician canoeing in the descent modality. And there is room for everyone, you don't need to be an expert.

ADDRESS: FRAGAS DO EUME (COLEXIATA DE SAN XOÁN DE CAAVEIRO)
WEB: WWW.FIRRETE.ORG MAIL: FIRRETE@YAHOO.ES



August

"An independent festival in a wonderful site opposite the sea"
CAMPEIRAS FESTIVAL

Concerts, surf, skate lessons, projections, but also promoting local development with a space for designers through a mini-market.

ADDRESS: VALDOVIÑO WEB: WWW.CAMPEIRASSURF.COM
MAIL: CONTACTOCLIVE@GMAIL.COM



August

"A multidisciplinary event based on the horse world"
EQUIOCIO

This greatly traditional event organises competitions in multiple disciplines related to horsemanship, but also with the equestrian industry, and has a complement in a wide offer of leisure aimed at all the family.

ADDRESS: CAMPO DE AS CABAZAS WEB: WWW.EQUIOCIO.ES
MAIL: SECRETARIA@EQUIOCIO.ES TELF: (+34) 981 369 005



October

"Maximum fun as well as a technical and physical challenge"
MONTEFARO ENDURO BIKE RACE

An event you cannot miss if your passions are BTT, speed and nature. Always at the forefront, searching for new and unknown stretches.

ADDRESS: EDIFICIO DEL CLUB DO MAR (MUGARDOS)
MAIL: FORO.CLUBDOMARMUGARDOS.COM



June

"The first ironman distance triathlon in Galicia"
NORTHWEST TRIMAN

The surroundings of the lake of As Pontes de García Rodríguez, the biggest artificial lake in Europe, host the first ironman distance triathlon in Galicia.

ADDRESS: AS PONTES DE GARCÍA RODRÍGUEZ WEB: WWW.NORTHWESTTRIMAN.COM
MAIL: INFO@NORTHWESTTRIMAN.COM TELF: (+34) 698 119 759



"The most classic of surf championships in Spain with shuttle service to the CT"

PANTÍN CLASSIC GALICIA PRO

A competition with history, one of the highest level in Europe, which brings together some of the best surfers in the world in Valdoviño.

ADDRESS: **PLAYA DE PANTÍN** WEB: WWW.PANTINCLASSIC.ORG
MAIL: INFO@PANTINCLASSIC.ORG TELF: (+34) 981 354 004



"The most notorious sailing event in the territory of Ferrolterra"

REGATA GENERAL GABEIRAS DE CRUCERO

The waters of the Ares estuary host this associated sailing event which marks the start of the summer cruise regatta season. The perfect excuse to approach the sea.

ADDRESS: **RÍA DE ARES** WEB: WWW.NAUTICOARES.COM
MAIL: SECRETARIA@NAUTICOARES.COM TELF: (+34) 981 354 004



"A trail with views to the wonderful Ferrol estuary"

TRAIL DE MONTEFARO

Both the trails and the hiking tour go along a spectacularly beautiful area, the estuary of Ferrol, full of paths with indescribable views to the sea.

ADDRESS: **MONTEFARO (MUGARDOS)** CORREO: WWW.TRAILMUGARDOS.GALITIMING.COM



"Enjoy the 31Km in incomparable surroundings"

TRAIL FRAGAS DO EUME

This trail goes across the heart of the Fragas del Eume natural park. If you don't dare run the 31 kms there is a second modality of 17,5 km.

ADDRESS: **FRAGAS DO EUME** WEB: WWW.TRAILDOEUME.WORDPRESS.COM
MAIL: TRAILDOEUME@GMAIL.COM



"Walk through incredible spots to San Andrés de Teixido"

TRAIL SANTO ANDRÉS DE TEIXIDO

This trail, which has a greater participation every year, finds its starting point in the village of San Andrés de Teixido ("He who didn't go when alive, goes when deceased") and it runs through the heart of Serra da Capelada.

ADDRESS: **SAN ANDES DE TEIXIDO (CEDEIRA)** WEB: WWW.PRUEBA-T.ES
TELF: (+34) 652 214 833

service information

SURF COSTA DAS ONDAS

- Surf Schools

- A1** ALAWA SURF CAMP
www.alawasurfcamp.com
contacto@alawasurfcamp.com
(+34) 646 790 554
- A2** FERROL SURF SCHOOL
www.ferrolsurfscchool.com
info@ferrolsurfscchool.com
(+34) 647 419 284
- A3** LUIS RODRIGUEZ SURF SCHOOL
www.lrsurfscchool.com
luissurfing@hotmail.com
(+34) 620 458 353
- A4** MONOS DE MAR
www.monosdemar.weebly.com
monosdemarescoladesurf@gmail.com
(+34) 699 735 887
- A5** ORTEGAL SURF ESCOLA
@OrtegalSurfEscola
ortegalsurfescola@gmail.com
(+34) 620 920 159
- A6** PANTÍN CLASSIC SURF SCHOOL
www.pantinclassic.org
direccion@pantinclassic.org
(+34) 609 017 693
- A7** PANTÍN SURF CAMP
www.pantinsurfcamp.com
info@pantinsurfcamp.com
(+34) 667 215 445
- A8** SPOT SURF SCHOOL
www.spotsurfscchool.com
spotsurfscchool@gmail.com
(+34) 615 304 583
- A9** THE CAMP
www.thecamp.es
thecamp@thecamp.es
(+34) 605 182 537
- A10** VALDO SURF SCHOOL
ivanms907@hotmail.com
@valdosurf
(+34) 676 433 929
- A11** OXÍGENO SURF SCHOOL
www.oxigenosurf.com
oxigenosurfscchool@hotmail.com
(+34) 645 873 593
- ### - Surf Camps
- B1** ALAWA SURF CAMP
www.alawasurfcamp.com
contacto@alawasurfcamp.com
(+34) 646 790 554
- B2** CAMPEIRAS SURF CAMP
www.campeirassurf.com
blancaescrigas@gmail.com
(+34) 638 701 367
- B3** PANTÍN SURF CAMP
www.pantinsurfcamp.com
info@pantinsurfcamp.com
(+34) 667 215 445

B4 THE CAMP
thecamp.es
thecamp@thecamp.es
(+34) 605 182 537

- Surf Houses

- C1** FERROL SURF&YOGA HOUSE
www.ferrolsurfscchool.com
info@ferrolsurfscchool.com
(+34) 647 419 284
- C2** SURF & BREAKFAST
www.surfandbreakfast.com
sand@surfandbreakfast.com
(+34) 669 643 392
- C3** SURF HOUSE CEDEIRA
www.surfhousecedeira.com
contact@surfhousecedeira.com
(+34) 636 945 939

- Surf Shops

- D1** CREST SURFBOARDS
www.crestsurfboards.strikingly.com
hola@crestsurfboards.com
(+34) 981 944 647
- D2** DROP IN SURFSHOP
www.surfdi.com
carlospita@surfdi.com
(+34) 699 741 349
- D3** SPOT SURF 180
www.spotsurfshop.com
spotsurf180@gmail.com
(+34) 981 354 364

- Shapers

- E1** BEN WEI SPAIN & PORTUGAL
www.benweispain.com
alberto.fireire@gmail.com
(+34) 622 594 747
- E2** CREST SURFBOARDS—SHAPER
www.crestsurfboards.strikingly.com
hola@crestsurfboards.com
(+34) 981 944 647
- E3** TOMA GOMA SURFBOARDS
www.tomagoma.com
tomagomataller@yahoo.es
(+34) 625 941 508

- Océano Surf Museo

F1 www.oceanosurfmuseo.org
info@oceanosurfmuseo.org
(+34) 981 487 666

BTT

- A** CENTRO BTT VALLE DE ESMELLE
www.bttesmelle.com
cbttvalledesmelle@gmail.com
(+34) 605 932 677
- B** CLUB DE MONTAÑA FERROL
secretariacmf@gmail.com
(+34) 981 355 869
- C** EUMEAVENTURA
contacto@eumenatura.com
(+34) 630 135 251

NAUTICAL CHARTER

A ¿QUERESVELA?
www.quesresvela.com
avelascarrovir@gmail.com
(+34) 636 887 853

CLIMBING AND RAPPEL

- A** CANTIL ESCALADA
www.cantil.org
info@cantil.org
(+34) 696 188 519
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secretariacmf@gmail.com
(+34) 981 355 869

GOLF

A CLUB DE GOLF CAMPOMAR
www.clubcampomar.com
gerenciacampomar@gmail.com
(+34) 663 123 398

KAYAK

- A** CLUB NAÚTICO FOLIXA
www.nauticofolixa.es
nauticofolixa@gmail.com
(+34) 655 221 544
- B** CLUB MARÍTIMO DE REDES
cmr@caamouco.net
(+34) 620 851 861
- C** CABANAS KDM OCIO ACTIVO
www.cabanasocioactivo.com
cabanaskdmocioactivo@gmail.com
(+34) 604 027 841
- D** FIRRETE AVENTURA
www.firrete.es
firrete@yahoo.es
(+34) 605 236 646

PAINTBALL

A NORTHWEST PAINTBALL
www.paintballferrol.com
nazalial@msn.com
(+34) 605 018 806

HORSEBACK RIDING

- A** HÍPICA PRADO VENTURA
hipicapradoventura@gmail.com
(+34) 616 101 655
- B** GRANXA DO SOUTO
info@granxadosouto.es
(+34) 619 420 792
- A** CLUB REMO NARÓN
www.clubderemonaron.com
remonaron@hotmail.com
(+34) 680 218 161

HIKING

- A** CLUB DE MONTAÑA FERROL
secretariacmf@gmail.com
(+34) 981 355 869
- B** EUMEAVENTURA
contacto@eumenatura.com
(+34) 630 135 251

SUP

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www.actividadesestaca.com
info@actividadesestaca.com
(+34) 647 536 305
- B** CLUB MARÍTIMO DE REDES
www.facebook.com/ClubMaritimodeRedes
cmr@caamouco.net
(+34) 620 851 861
- C** CLUB NAÚTICO FOLIXA
www.nauticofolixa.es
nauticofolixa@gmail.com
(+34) 655 221 544
- D** ORTEGAL SURF ESCOLA
@OrtegalSurfEscola
ortegalsurfescola@gmail.com
(+34) 620 920 159
- E** ALAWA SURF CAMP
www.alawasurfcamp.com
contacto@alawasurfcamp.com
(+34) 646 790 554

WINDSURF

A CLUB WINDSURF FERROLVENTO
www.ferrolvento.com
presidencia@ferrolvento.com
(+34) 629 262 327

MULTI-ADVENTURE

A CASA FRAGAS DO EUME
www.casafragasdoeume.com
info@casafragasdoeume.com
Tlf: 981 793 915

COMPLEMENTARY ACTIVITIES

- A** A CASA DO MEL
www.casadomel.es
casadomel@vodafone.es
(+34) 661 003 616
- B** FERTUR SERVICIOS TURÍSTICOS
www.ferrolguias.com
ferturguias@yahoo.es
(+34) 696 531 070
- C** GRANJA ESCUELA ALDEA NOVA
aldeanovagranja@gmail.com
(+34) 608 048 031
- D** GRANJA ESCUELA BELELLE
granjabelle@gmail.com
(+34) 608 383 083



Ortigueira

Ferrol

Pontevedra

As Pontes de
García Rodríguez



Valdoviño

Ferrol

- E
- A7
- A6
- A1
- B1
- B3

- A10
- B2
- C2
- F1
- E3

- A

- C

- A2
- A4

- A

- A
- B4
- A3

- A8
- A9
- C1

- B

- E1
- D2
- D3
- E2

- A

- D

- B
- A
- A
- A

telephone numbers of interest

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cultura.deportes@manon.dicoruna.es

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correo@moeche.gal

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Mosteiro s/n
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(+34) 981 337 700
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(+34) 981 390 233
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(+34) 981 422 089
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Medical emergencies **061**

SERGAS sanitary attention **902 400 116**

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Novoa Santos **(+34) 981 334 000**

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Emergencies **112**

Guardia Civil **062**

Local Police **092**

Firefighters **085**

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Airports of Galicia

(+34) 981 187 200

Airports Aena **902 404 704**

Renfe **902 320 320**

