

GENERAL GUIDE



MANCOMUNIDADE
Concellos da Comarca
de Ferrol



XUNTA DE GALICIA

galicia



FONDO EUROPEO DE
DESENVOLVEMENTO REXIONAL
"Unha maneira de facer Europa"

UNIÓN EUROPEA



In the north of the province of A Coruña the regions of Eume, Ferrol and Ortegal constitute an exceptional tourist interest. There are a lot and various resources offered by this territory, from stunning landscapes, passing through wild beaches for the sport practice or small coves for a rest day, high cliffs, leafy forests, singular culture, emblematic buildings, pagan feasts and pilgrimages, and of course, an top class cuisine.

The Local Councils which forms part of the tourist destination are a total of 21: Cabanas, A Capela, Monfero, Pontedeume, As Pontes, Vilarmador, Ares, Cedeira, Fene, Ferrol, Moeche, Mugarbos, Narón, Neda, San Sadurniño, As Somozas, Valdoviño, Cariño, Cerdido, Mañón y Ortigueira.

In this guide book, we have tried to reflect a small part of the numerous resources of this territory. To be able to discover more places of tourist interest and other remarkable resources it is missed out on the website www.turismoferrolterra.es

CRÉDITOS

Edita

Mancomunidade de Concello da Comarca de Ferrol
Plan de Promoción Turística do Xeodestino Ferrolterra

Deseño e maquetación

Item-Aga Comunicación

Textos

Mancomunidade de Concellos da Comarca de Ferrol

Traducións

Inglés: Xulio Vázquez Deibe (ICE Galicia)

Francés: Lucía Rouco Paz (ICE Galicia)

Fotografías

Arquivo PDPT Ferrol Ortegal
Mancomunidade de Concello da Comarca de Ferrol
Concello de Ortigueira
DMC Galicia

Depósito Legal

xxx-xxxxx

© Da edición, do plano e dos textos Mancomunidade de Concellos de Comarca de Ferrol.

© Das fotografías, os seus autores.



INDUSTRIAL TOURISM

The establishment of the different industries in Ferrolterra has left its mark in the Local Councils of the region.

Places that once were pioneer production centers now have been converted into tourist attractions. Anyone visiting these attractions will be able to discover where the stories which take us to the past will be found.

The visit to the Shipyard and the Arsenal of Ferrol, both included in the Trail of Shipbuilding; the water mills of Neda and Narón (that has been a Royal Mint); also to the canneries of Cedeira and Cariño, or to the Thermal Power Station of As Pontes are a good example of all the different industrial tourism resources offered by the destination.

The Trail of Shipbuilding

Since 2011, in Ferrol people can make the Trail of Shipbuilding. Venturing into this circuit allows people to go into an unknown world until recently.

The military infrastructures combine centuries of History, really valuable architecture with the latest technologies used nowadays by the Navy. The set of buildings constitutes a huge museum where you can find the naval history of the fertile Estuary of Ferrol.

There are eight points to visit. The route starts at the Bastion, in the Curuxeiras port and the former Hall of Arms of the Arsenal. Separated from them, the route continues through the Ditch of La Campana, the Naval Museum, Exponav and Navantia.

Further away, standing guard the entrance of the estuary of Ferrol, there is the San Felipe Fortification, the last point of the route. To top it all off, you will be able to make a trip

on a boat through the estuary, from where everything you have seen before acquires a different colour.

Do you know that...? In Exponav you will be able to travel across time and go into the inside of an old galleon of the 18th century or to go into one of the modern day frigates.

“This visit can be only done with a guided tour (The trail of Shipbuilding during the weekends in summer or Easter) or during open days. In the event of not being able to enter, from the Herrera Gardens in the city centre, there is a really good panoramic view over the base and its warships.”

Industrial heritage of As Pontes

The panarome of the village of As Pontes de García Rodríguez is impressive. Really well known because of its Thermal Power Station, As Pontes offers an industrial landscape where nature now is also present.

The towers and the huge smokestack of the thermal power station crown a landscape that offers even more. This is the case of the As Pontes Lake. The natural environment of the opencast mine, closed in 2007, has been restored.

The lignite mine has been exploited since 1976 for the supply of energy power to the thermal power station placed on its banks. The area of the mine is now full of water, coming from the Eume River, forming a magnificent blue lake. Its measurements are awesome: almost 18 kilometres of perimeter and 205 meters deep. On the lake bank, close to the centre, lays an artificial beach of more than 400 metres. Al-



ready on the lake, are two islands: one to represent the native flora and the other one used as a bird sanctuary.

In As Pontes there is a mixture of industrial tourism, which feeds its personality, and the natural habit.

***Do you know that...?** The smokestack of the thermal power station is one of the highest in the world, with 356 meters high. "Go to the top to take the best picture reflecting the multicolour mosaic of the landscape."*

GASTRONOMICAL TOURISM

The destination Ferrolterra - Rías Altas combines inland and coastline. From its land and sea high quality products are obtained, converting the local cuisine into a tourist attraction. In addition to this, there are a lot of gastronomical feasts spread around the region. In any locality you can taste the best local products and from the traditional Galician cuisine, all types of fish and shellfish from the estuaries, like the barnacles from Cedeira, the famous octopus from Mugarbos or the clamped sardines and the canned food from Cariño. From inland, you will be able to taste the peppers of O Couto, bread from Neda, pound cakes from As Pontes, turnip greens from Monfero and Cerdido, veal from A Capelada or honey from San Sadurniño and Moeche, from where it is famous its "tetilla" cheese.

Peppers from O Couto

The denomination "Pemento do Couto" comes from the name of the monastery of San Martiño de Xuvia, situated in the parish of O Couto, in the local council of Narón.

This delicious pepper is under the protection, since 2010, of the Protected Geographical Indication. This means that this product has specific characteristics because of its cultivation place. "Pemento do Couto" is produced in the localities of Narón, Ferrol, Neda, Valdoviño, Cedeira, San Sadurniño, Moeche, As Somozas, Fene, Ares y Mugarbos, being part of the Ferrolterra region all of them.

***Do you know that...?** The peppers from O Couto are never hot. "Come to the feast of the "Pemento do Couto". This is celebrated every July in San Martiño de Xuvia (Narón)."*

The Bread from Neda

The huge amount of water has given and still is giving really tasty bread. This converted Neda into the capital of the wheat of Galicia, when in 1588 the Royal Factories were established here. These were sponge cake factories and ovens of provisions that provided the Armies of the Kings of Spain.

A good opportunity for tasting the famous bread is the first Sunday of September, when the Feast of the Bread of Neda is celebrated. Furthermore, this exaltation of the product was declared "Fiesta of Tourist Interest of Galicia" in 2013.

***Do you know that...?** In Neda there are 15 mills preserved giving an insight of its important medieval bakery tradition. "Taste the traditional bread in each and every bakery of Neda."*



Octopus from Mugar dos

The highlight of Mugar dos is its gastronomy, a traditional cuisine characterized by the quality and the variety of its products from the sea and the octopus is without any doubt, the favourite of the kitchens.

The fishermen village lived for decades on fishing for this tasty and valued sea creature. The octopus from Mugar dos was the most requested at the fairs of inland Galicia.

The quality of the captured product binds to the peculiar way of cooking it which is different from the rest of Galicia. The “pulpo a la mugar desa” is really well known worldwide. Its recipe: it is cooked with sea water until it reaches a tender texture. In a frying pan you make a fried mixture of oil, onion and sweet pepper and then you add the octopus. The final result is served with boiled potatoes.

Every second Saturday of July, Mugar dos hosts the Octopus Feast, declared to be of Galician Tourist Interest.

***Do you know that...?** During the Octopus Feast 4,000 portions of the famous sea creature are consumed.*

“Take a walk along the port of Mugar dos, with its colourful houses, after having its famous octopus.”

Preserves from Cariño

Talking about the preserves of Cariño we bring together under the same name the different canning industry brands of this fishermen village. All its products are distinguished by their high quality, based on the excellent fish and shellfish used for the refining process.

The preserves continue to be processed in the traditional manner. This tradition comes from the last part of the 19th century. This delicious delicacy can be found in the Municipal Market, and other shops around the village, as well as in the factories.

In Cariño you can find delicatessen preserves of any kind. From north tuna, cod, conger, horse mackerel, octopus, mussels, scallops... in scallop or pickle sauce or in olive oil.

From all the fishes, the star dish is the one of clamped sardines which is semi-preserved using the salting technique. Its preparation according to the “cariñés” style is a secret and you can enjoy it during the Skate Casserole and Campel Sardines Feast, one of the unavoidable events in August in all the region.

For several years preserves have been made in Cariño making use of the quality of the products coming from the products of the land. We can find marmalades of tomato, kiwi and even turnip greens preserve, all made with seasonal products.

“Visit one of the factories where you will be able to buy a preserve traditionally made.”

PILGRIMAGE ROUTES

Two important routes run through this region. Upon this pilgrimage can find their own spiritual route in the beauty of the landscape and the natural richness that this area can offer. Devotees from all parts of Galicia walk to the village of San Andrés de Teixido, offering a tribute to the Saint of the same name. Pilgrims from all around the world start their pilgrimage through the English Way with the



target of reaching the tomb of the Apostle Saint James.

The English Way

The English Way is one of the eight ways to Santiago de Compostela. This route is one of the less crowded, it is ideal for the pilgrims preferring a quieter and relaxed trip. Furthermore, and even if this is a shorter way, it offers a really rich landscape, both coastline and inland.

The British have been reaching Ferrol and closer ports through the sea since the 14th century, which is the reason for its name. The English Way starts at the port of Curuxeiras in Ferrol. From here there are about 74 miles to Santiago.

In Ferrol, pilgrims pick up their accreditation of the Way in the tourism office at the port or also at the San Julian Co-Cathedral. From there, the route keeps going through different coastal localities of the region during the first stages.

Pilgrims will be passing through Narón, Neda, Fene, Cabanas and Pontedeume where they will be able to sleep due to the pilgrim hostels which can be found in Neda and Pontedeume. Throughout the Way, they will be able to see part of the cultural heritage of the Ferrolterra-Rías Altas destination.

Do you know that...? The English Way starts also in A Coruña, but only by starting it from Ferrol you can get the "Compostela", a document certifying that the pilgrim has done more than 62 miles to Santiago.

The Way to San Andrés de Teixido

One of the best pilgrimage ways of the region is the one to San Andrés de Teixido. Even if the pilgrims arrive from all around Galicia, the old way to San Andrés, starts from the monastery of Xuvia, in the locality of Narón. From there, and crossing through Valdoviño, the pilgrims travel for 26 miles until they reach the goal, the sanctuary of San Andrés de Teixido, in Cedeira.

In addition to the original way, other two ways are added: one departs from Ferrol (from the port or also from the Santa Comba hermitage, in the north) and another from San Adrián de Veiga in the locality of Ortigueira. This 14-mile layout crosses through the dramatic mountain range of A Capelada.

There are a lot of legends and rites related to this saint. At the fountain, the pilgrims must drink water from the three taps and make a wish. You need to throw a bread crumb in the font to know if this has been granted. If the crumb floats, your wish is granted. Another belief is that the "fall in love herb", that grows up around, allows love to develop between two people. As the saying goes, "who doesn't go to San Andrés while alive, will come while dead". Believers or not, the way is really worth it. There are a lot of interesting places, like the monastery of O Couto, the mill of Aceas, the Pazo de Libunca, the Mountain of the Children, the medieval bridge of Porto Cabo and of course, the sanctuary of San Andrés itself, and its baroque altarpiece.

"Enjoy the natural environment and the views from the mountain range of A Capelada, just 1 mile far away from the sanctuary."



FRAGAS DO EUME AND NATURAL INLAND DESTINATIONS

The beauty and natural richness of the destination Ferrolterra-Rías Altas inland never leave the visitor unmoved. Coming into it is getting lost, in a good way, in the middle of the most luxuriant natural landscape.

Fragas do Eume whose length covers five municipalities, is one of the Atlantic river-bank woodlands best preserved in the whole of Europe. The forest, which is a Natural Park, is the best tourist attraction of this destination. However, and not really far away, there are a lot of other places worth seeing, for example the waterfall of the Belelle River, the banks of the Xuvia and Castro Rivers and in the north, the mountain range of A Faladoira.

Fragas do Eume natural park

The “Fragas” are the refuge for the flora and fauna of the region. Notable examples of the vegetation are the oaks, ash trees, alders, chestnuts, birches, hollies and strawberry trees. These trees species, most of them millions of years old, follow the course of the Eume River until the mouth in the Estuary of Ares.

In a rocky mound of the “Fragas do Eume” lays the Monastery of Caaveiro. The origin of this construction goes back to the 10th century, related to the monastic life of the place.

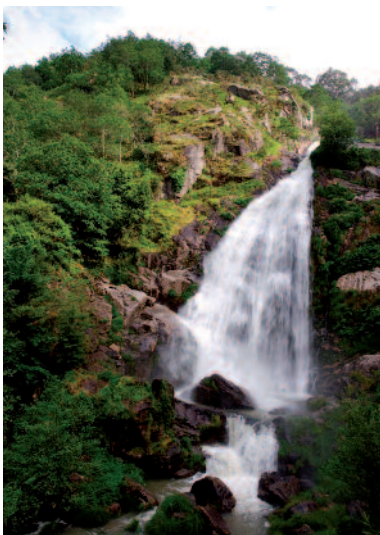
“Visit the Monastery of Caaveiro. Visits from here are even more spectacular.”

The waterfall of the Belelle River

The Belelle River emerges in Fragas do Eume, in the municipality of As Pontes. The river runs through A Capela, Fene and Neda where it meets the sea. Also in Neda there is one of its highlights, the almost hidden waterfall of the Belelle River.

While running to the sea, close to O Roxal, the river course falls in the shape of a waterfall. 45-meter high, this waterfall of the Belelle is one of the highest in the whole of Galicia. The spectacular waterfall and the environment where it is placed, surrounded by oak and chestnut forests, turn it into a paradise in the middle of nature.

“The best period for visiting the waterfall is during autumn and winter, when the flow rate increases.”





Proxected area Xuvia-Castro

Xuvia and Castro Rivers give their names to this protected area by the distinction of SCI (Site of Community Importance) involving two different natural areas. On one hand, the section of the Río Grande of Xuvia and its main tributary, the Castro River. On the other hand, the Forgoselo Mountain Range.

Vegetation on the riverside is really well preserved. In the same space, we can find with different habitats: sandy lowlands, natural lakes, temporary ponds or oak and chestnut forests.

Forgoselo Mountain Range presents soft shapes and the landscape changes, finding small forests and large fields. From the Racamonde Peak, the highest point of 537 meters high, the views are amazing. If you find a clear day you can even see a huge part of the mountain range and As Pontes, as well as Ferrol and Ares Estuaries.

The protected area Xuvia-Castro extends its territory throughout seven municipalities: A Capela, Moeche, Narón, Neda, San Sadurniño, As Somozas and As Pontes. There are a lot of hiking routes allowing you to discover this natural destination from different points of view.

Do you know that...? During the 'Rapa das Bestas', taking place every July, the horses living free in this area have their haircut.

ACTIVE COAST

The Ferrolterra-Rías Altas Coast offers a huge range of possibilities, from a walk on its natural beaches, to the practice of different nautical sports, both in the sea or river.

From all the sports, surfing is the king. The coast has beaches, ideal for practicing it throughout the whole year. Both, professional stars and amateurs worldwide find here the ideal destination. The main attraction is the quality of the big waves of these well preserved beaches. Example of that are the beaches of Bares (Mañón), Picón, San Antón (Ortigueira), Vilarrube, A Frouxeira y Pantín (Valdoviño), así como Doniños y San Xurxo (Ferrol).

The quiet beaches of the Ares and Ferrol Estuaries allow the practice of windsurf, kitesurf, sailing or canoeing for example in the beaches of Cabanas, Ares or Pontedeume. For those who enjoy underwater, they can do scuba diving in almost all the municipalities.

Do you know that...? Since 1988 the Pantín Classic, is celebrated every year. It is the most important surfing championship in Spain
"If you are roaming around the region in August, come to Pantín to enjoy together with thousands of people watching the best surfers in the world."