

- 1- This section of the trail starts at the Cathedral Square in Mondoñedo, leaving it behind through Pardo de Cela Street and then going on through Camiño Norte Street, where an information panel about this nature trail can be found. Crossing the LU-124 road, the trail continues through San Antonio Street and then through San Lázaro Street. After going over the historic bridge of San Lázaro, the trail turns left at Lorenzana Road (N-634a). After 300 metres, the path turns right towards San Pao and goes uphill until Reguengo, where a fountain can be found. Overlapping with the Camino de Santiago, the route runs through a narrow dirt track leading to San Pedro, going past another fountain. The traveller must then turn right near the chapel of this little village and walk on a flagstone-paved track that becomes a dirt road.
- 2- The trail leaves the rear wall of Mondoñedo graveyard aside in order to run among trees until reaching a paved road that the traveller must follow towards Grove. Farther ahead, a path to the right leads to Grove, going under an horreo (raised granary) and arriving at the Guadalupe chapel. After crossing N-634a road, the route continues to the left, down to a path running along N-634 road and under the Cantabrian Motorway (A-8) up to Arroxo.
- 3- Overlapping with the Camino de Santiago, the route crosses a mixed hardwood forest until Lourenzá gra-vyard is reached and left behind, to the right.

- 4- Having followed the paved track for some 300 metres, you will reach an intersection where you must turn left in order to cross the Batán brook again. After 200 metres, you must go under N-634 and turn right until reaching a long, straight paved road that ends in LU-P-2804 road. 50 metres after this intersection, the trail goes into a dirt track through a eucalyptus plantation. After going under A-8 motorway, the route turns right, beginning an ascent for almost one kilometre and then going down to a paved track leading to LU-P-2804 road, near an information panel and a fountain, where the trail stops. There is a large rest area on the other side of the bridge over the Masma River.
- 5- After some 700 metres, on the outskirts of Casolga, the trail continues through a dirt track, following the course of the Masma River. On the way to Celeiro de Mariñaos, the traveller will pass by a rest area and a fountain. Farther ahead, the traveller will see the old hydroelectric power station of Pozo Capitán. After the

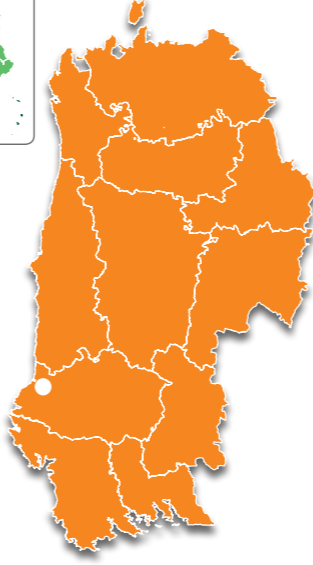
- 6- Skirting Villaronte and passing by the Capela do Carmen (where an information table and a rest area can be found), the trail crosses LU-152 road and starts descending. It then goes over the Centinó River and crosses a paved road, arriving at the street leading to the Basilica of San Martín de Mondoñedo and the nearby fountain of A Zapata.
- 7- The trail starts a long ascent, going into another eucalyptus forest and reaching an intersection with a road. 200 metres ahead, the traveller can find the Obispo Santo chapel, next to another information panel and rest area.
- 8- The route goes down to N-642 road, skirting Forxán. After going under said road, the traveller turns right, walking a track alongside this road, going through a railway tunnel and reaching a path into the town of Foz through Calvario Street. The trail then continues through Lugo Street up to Salgado Toimil Square and Valle Inclán Avenue, which goes down to port of Foz. Leaving the fishermen's guild and the fish market to the right, the route continues through Travesía Riveira. The trail ends at a park next to the Foz Estuary, a place where it joins the Ruta del Cantábrico Nature Trail.



Guide to the
Nature Trails
of Spain



SECTOR
NORTHWESTERN PENINSULAR



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 the San Rosendo. Mondoñedo-Foz Section 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:

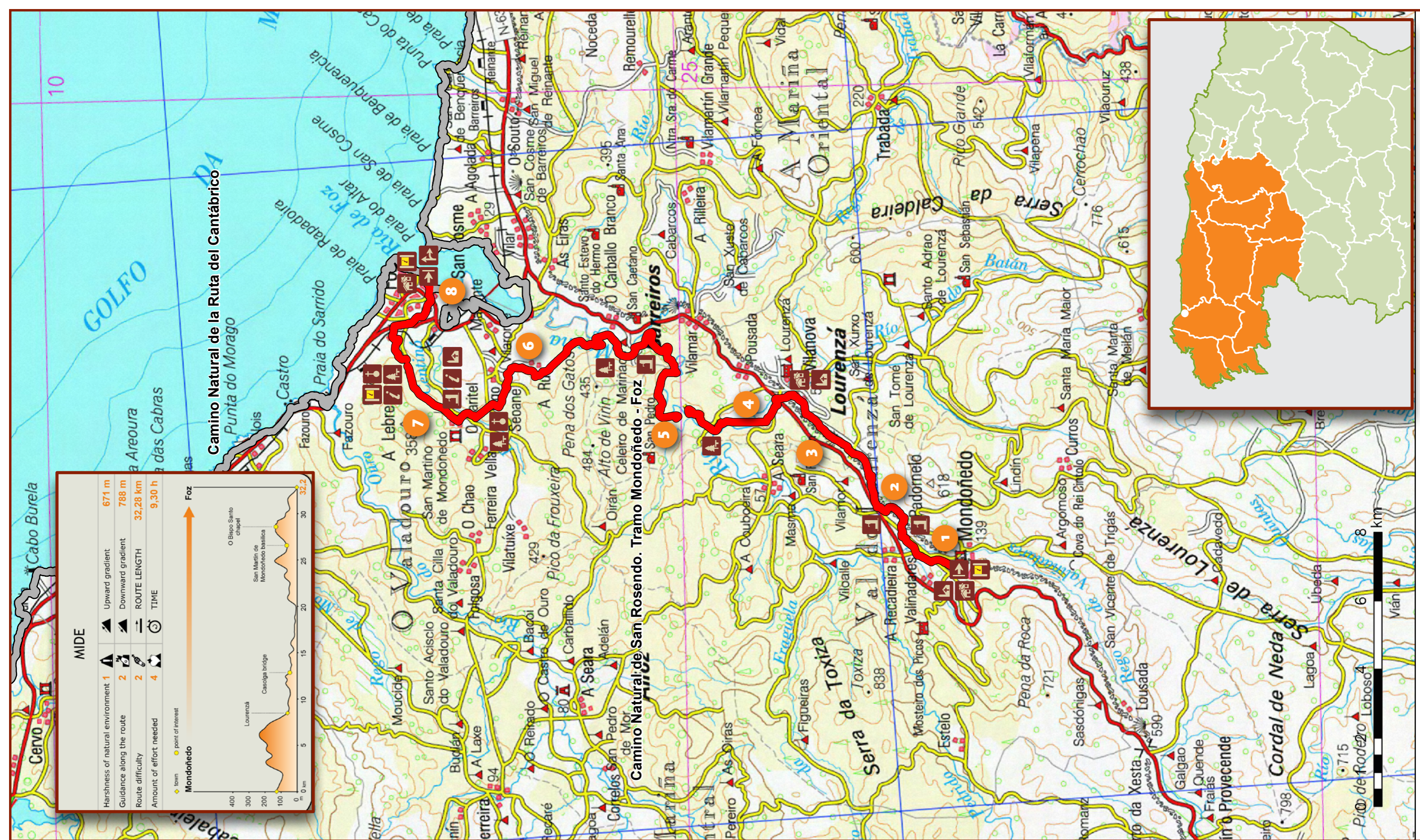
- Municipality of Mondoñedo: 0034 982 524 003
- Municipality of Foz: 0034 982 14 00 27
- Regional government of Galicia: 0034 915 95 42 00

FOLLOWING THE STEPS OF SAINT ROSENDO TOWARDS THE CANTABRIAN SEA



This stretch of the San Rosendo Nature Trail goes through the towns of Mondoñedo, Lourenzá, Barreiros and Foz, taking the traveller through places full of history, little villages, pastures and amazing forests. A section of the trail overlaps with the Northern Route of the Camino de Santiago (St. James's Way). Another one goes along the Masma River up to the point where it becomes the Foz Estuary and flows into the Cantabrian Sea.

**NATURE TRAIL
SAN ROSENDO.
MONDOÑEDO -FOZ
SECTION**



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NATURE TRAIL SAN ROSENDO. MONDOÑEDO-FOZ SECTION

- Starting point
- End of trail
- Information panel
- Rest area
- Religious building
- Hermitage
- Fountain
- Feature of environmental interest
- Detour
- Town