



San Roque chapel in Punxín.



The path passes between oaks and Pyrenean oaks, together with royal fern.



The path runs close to several mills.

6. The sinuous path continues through pine trees and gorges under the railway bridge, in a winding descent through the mountain that takes us to several mills, the “Muños das Penas”, highlighting the importance of the culture of water in Galicia. At this point, the Cachón waterfall is rejoined. This is a good place to take a break in our journey, due to the

3. Before the bridge of said road is reached, there is an option to follow the route along the river or to ascend the O Viñoa branch; later, the main path can be regained. At the height of the AG-53 highway viaduct, on the other side of the bank, there is a hydroelectric power

2. After reaching this point, the natural trail gradually runs up the river basin of the Barbantíño river on its right bank, up to the bridge of road CV-409 (OU-524), between agricultural landscapes and riverside woodlands comprising alders (*Alnus glutinosa*), ashes (*Fraxinus sp.*) poplars (*Populus sp.*) and willows (*Salix sp.*). Other riverside species which can be found at more specific areas are chestnuts (*Castanea sativa*), cherry trees (*Prunus avium*), elms (*Ulmus sp.*) and laurel trees (*Laurus nobilis*).

5. The San Fiz branch goes up to the village and then it descends to the medieval bridge of San Fiz (s XIII-XIV) along which the old Camino Real, which linked Ourense and Santiago de Compostela, use to run. San Fiz branch goes across the railway line slope, supported by a passage of which its great acoustics are worth trying. After leaving the passage, we encounter a landscape of water with little current due to the dam.

4. Shortly before kilometre point number 4, the main trail leaves the path next to the river and ascends through a hill up to a recreational area, to go across the “Catarata del Cachón”. At this point, there is a branch (Ferveza) where we can take a short walk through a metal footbridge, to the beautiful natural landscape of the “Ferveza do Barbantíño” or “Catarata del Cachón”, known for its 15 m high waterfall and its crystal-clear river pool.

7. The descent on the way back is easier than that of the trip there and most of the route runs along easy paths that offer amazing views upon the Barbantíño, as we will be walking at a height of 10 metres above the river level, to the hydroelectric mini power plant.

8. After reaching the bridge over the CV-409 road (OU-524) again, a path which will take us back to only few meters away from the banks of the river, and then we will continue walking along the course of the river until we reach a concrete bridge connecting Parada and Punxín, thus reaching the route's starting point. Shortly before reaching kilometre point 9, there is a recreational area with a metal footbridge connecting both sides of the river.

plant and an old, abandoned fish farm. As we keep on walking, we will come across a series of old mills which have been totally invaded by vegetation and seem to be part of the riverside ecosystem.

SECTOR NORTHWESTERN PENINSULAR NATURE TRAIL RIVER BARBANTIÑO

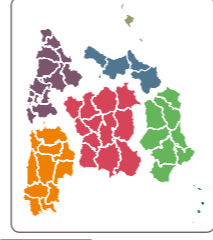
The River Barbantíño Nature Trail runs through the municipalities of Maside (rural parish of Ameses), Amoeiro (Parada) and Punxín (Santa María), where it starts. Punxín is about 20 minutes by car from Ourense. From the A-52 highway to Vigo, take exit number 241 for the N-541 road to O Carballiño, to get to the municipality of A Foxa (Punxín).



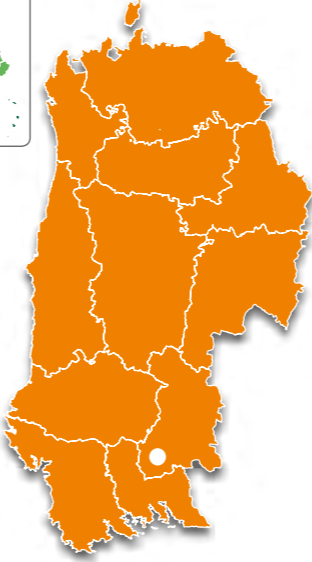
CULTURE OF WATER

Ever since the Early Middle Ages, the banks of the Barbantíño river have been a main focus of milling activity which intensified later on, after the arrival of corn. The mills, or “muiños” are abundant all along the river course; some of them, well kept or restored, are an example of this forgotten activity. Others are in ruins and have been naturalised, therefore keeping their value.

The river Barbantíño is the backbone of a river circuit a little over 15 km, considering its main route and its branches, which runs across a strikingly beautiful natural environment, dotted by little bridges and walkways, and where the presence of old watermills are testament to the importance of rivers for the local Galician economy.



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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.

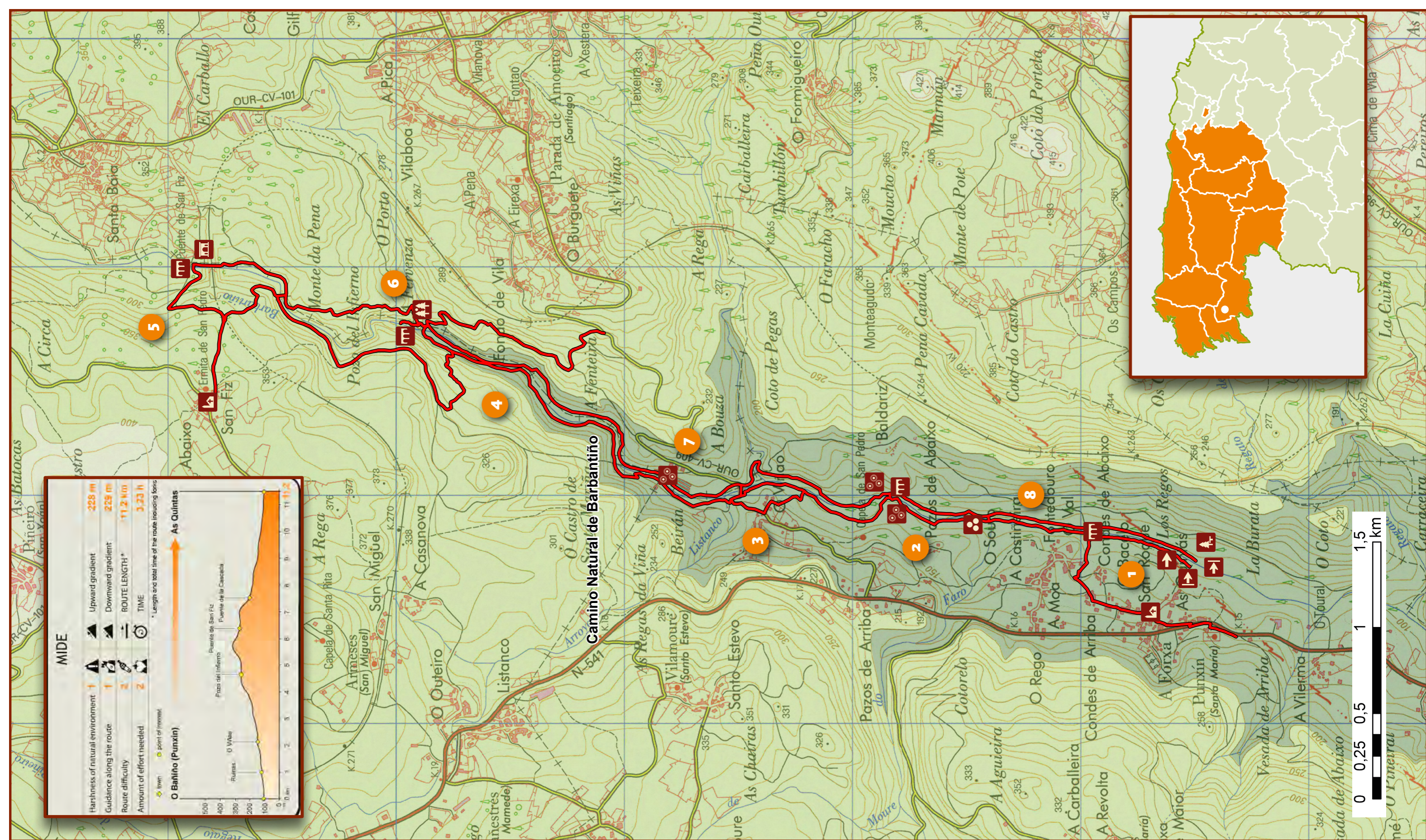
We invite you to visit them and offer you the keys to enjoy the trip. In this brochure you will find a brief description of River Barbantíño Nature Trail and the map for the journey, along with recommendations to make the most of this experience. We only ask one thing of you: do not forget to leave everything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

TELEPHONES OF INTEREST:

- City Council of Punxín:

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NATURE TRAIL RIVER BARBANTIÑO



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NATURE TRAIL RIVER BARBANTIÑO

- Starting point
- End of trail
- Rest area
- Religious building
- Bridge
- Ruins
- Element natural interest
- Other points of interest
- Monument
- Path

