



Recreational area next to the trail



Visigoth chapel of San Torcuato



Monastery of San Rosendo in Celanova

MONASTERY OF SAN ROSENDO CELANOVA

One of the most unique monasteries of Galicia, it has two cloisters and a Baroque church. Its construction began in the mid 16th century, however, the major part of the building, one of the most significant examples of the so-called Galician Baroque, dates back to the 17th century. It is organised around two cloisters: the Baroque or processional one (from the 16th century) and that known as Poleiro (which was completed in 1722), due to the strange row of balconies or poleiro, which give access to the cells located between both floors.

5. In Gontán, we will head towards Celanova, to reach the small town of Cañón. At the entry of the town there is a fountain and in the section from Cañón to the San Lorenzo chapel the importance of water in the Galician culture can be seen, as we cross several water channels and pass next to a natural well which was once used to store water for watering. There is also a wall in which a typical staircase can be seen from which the top of a fence can be reached from the path.

3. From A Ponte Nova, the trail comes up towards Recarei, and passes in front of San Antonio chapel. Although the main path continues until Sarreaus, a diversion allows

SAN ROSENDO

Born on November 20, 907, during the reign of Alfonso III the Great, in the valley of Salas, or the vicinity of San-to Triso (nowadays a Portuguese area). He succeeded his uncle Savarico as head of the Dumio bishopric (today Mondorhedeo), rebuilt the Caaveiro monastery and founded a monastery in Celanova, in 936. In 1172, he was sanctified by the representative cardinal Jacinto Bobo, in the then traditional episcopal canonisation. Said canonisation was confirmed by the prelate himself, after being declared Pope.

From the chapel, the path goes up to Casasoa and then

we will begin our descent to the church-cemetery of San Verisimo is reached. After crossing the OU-540 and almost at the end of this stage of the journey, we will pass in front of the Encarnación chapel and if we continue walking along the main road, the trail ends right next to the San Rosendo monastery.

6. From the chapel, the path goes up to Casasoa and then

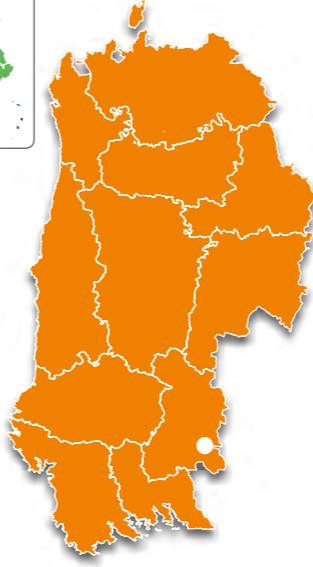


A TOUR THROUGH THE HISTORY OF GALICIA FROM PORTO QUINTELA TO CELANOVA

The San Rosendo Trail, from Quintela de Leirado to Ourense, is part of a project for restoring 225 km of footpaths that run between Porto-Quintela (Bande) and Foz (Lugo). It was named after the Saint known as the defendant and peacemaker of Galicia, but also, a literary work mentioning the path called 'A via romana do Gerés', written by Mr. José Matos Ferreira, after he completed the route in 1728. This path will allow us to know the rural Galicia and the richness of the landscape in this area of the province of Ourense. The path runs through hardwood forests, comprising downy birches, oak trees and chestnut trees, rivers and creeks with countless ethnographic samples of the need of water, such as mills, "caneiros" and bridges; as well as towns with typical buildings, the hórreos. This trail also allows us to discover magnificent examples of religious heritage, such as the Visigothic temple of Santa Comba, the church of Bande and the Monastery of Celanova, to cite a few.



SECTOR NORTHWESTERN PENINSULAR



4. If we keep walking through the original path towards a Vieiro, we will arrive to the town of Verera, passing through the hills of O Castro, Monte Calvo and Alto do Vieiro and next to the OU-540 road there is a recreational area with some juniper plants. After leaving Vieiro there is another stone cross and, from afar we may distinguish the silhouette of the chapel of Santa Eulalia. However, the path deviates approximately one hundred metres to the right

and goes down the hill to Gontán. After arriving, we can see the parish church of Santo André and right in front of the church, on the edge of the path, there is a splendid wayside shrine.

us to pass through Bande, where we can admire the Baroque church of San Pedro de Bande: this church was built between XVII and XVIII centuries, in the arch of the entry we can observe the San Rosendo arms. Right next to it is the 'Priorato', or old rectory house.

Although the name of this first section suggests that it begins in Porto-Quintela, its real starting point is located behind the parish church in Santa Comba, only a few metres away from the chapel of San Torcuato. The "visigothic jewel of Galicia" dates back to the VII century, and was given the status of National Monument in 1921.

INLAND SAN ROSENDO. Porto Quintela to Celanova section

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1. The trail continues to Quintela, whose reservoir is close to the archaeological excavation "Aquis Querquennis", a former Roman camp. The thermal waters spring, and the visitors' centre may be visited before resuming the journey, which will take us through Lebosandaus and Vilela, the exit of which has a chapel and a stone cross.

2. After Vilela, the trail continues towards Rubiás and o Souto, passing across several renowned mountains, such as O Uzal, Pena Maior and Monte do Souto, that indicate the geographic and vegetation variations, passing through mountains with heathland ("uz" in Galician) then through an area with big granite rocks and, lastly, through a dense chestnut tree forest ("souto" in Galician). In fact, the next village we will go through is Souto. After leaving it, we will walk through the south of Pazos, until Rubiás. The next stop in the itinerary is A Ponte Nova, but just before reaching this point on the Cados river, the path leads us to the parish church of Santiago, which encompasses an amazing stone cross.

3. From A Ponte Nova, the trail comes up towards Recarei, and passes in front of San Antonio chapel. Although the main path continues until Sarreaus, a diversion allows



Guide to the Nature Trails of Spain



NATURE TRAIL INLAND SAN ROSENDO. PORTO QUINTELA TO CELANOVA SECTION

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 inland San Rosendo 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:

- Tourism office of Celanova:

0034 988 43 22 01



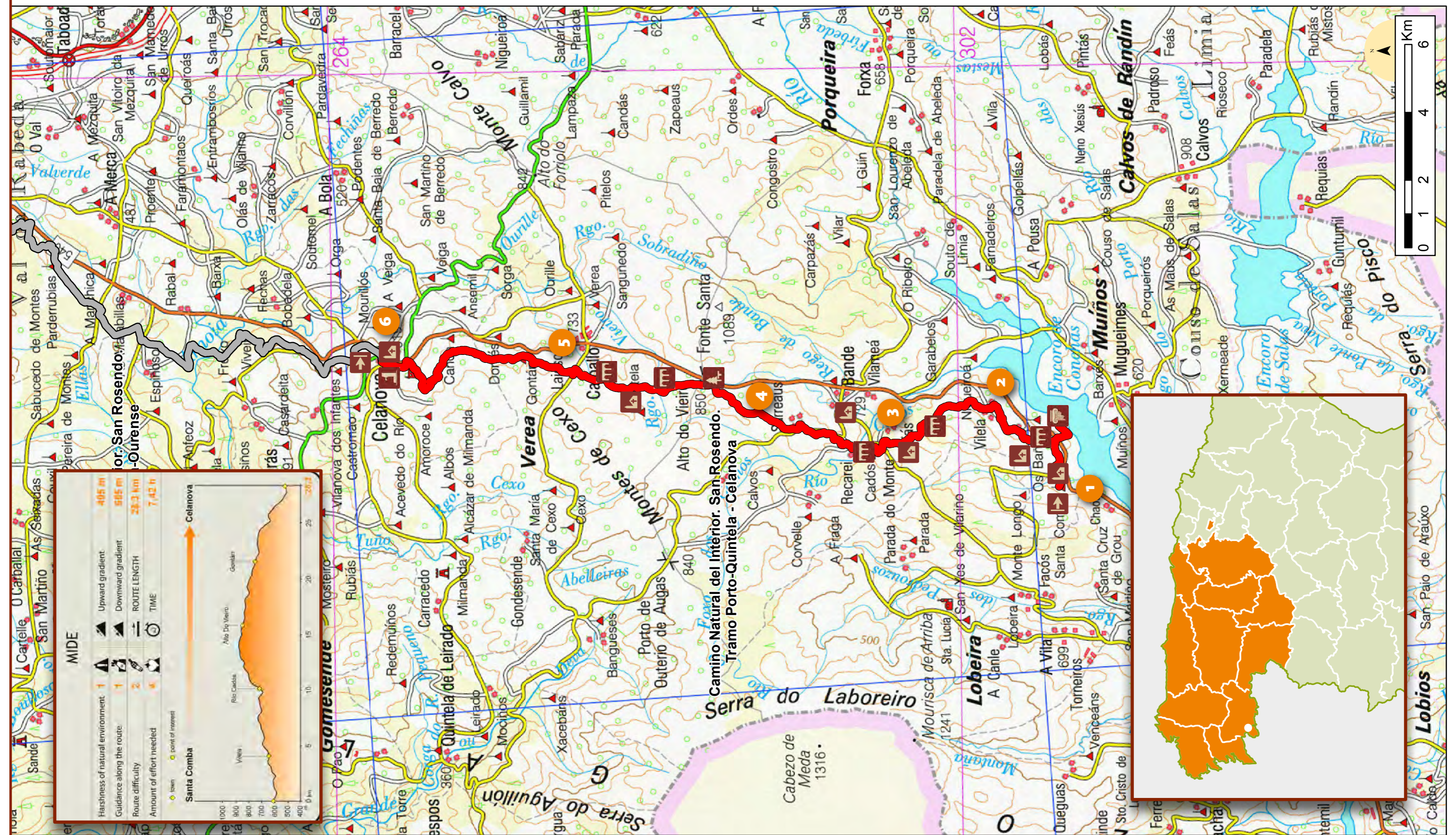
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NATURE TRAIL THE INLAND SAN ROSEDO. Porto Quintela to Celanova section

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