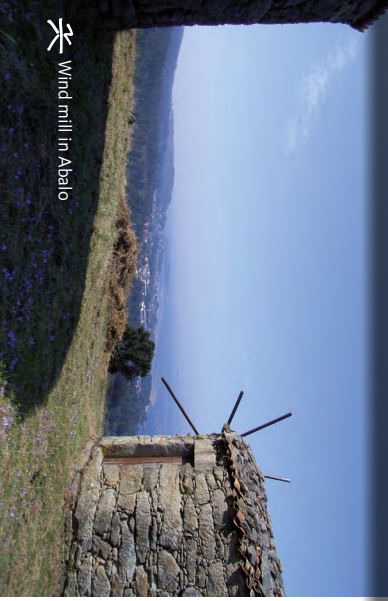




✠ San Cibrán shrine



✠ Wind mill in Abalo



✠ Path towards Dos Freixos mill

In 2008, aware of the need to protect this environment created without the intervention of humans, the Regional Government of Galicia decided to declare the lake a Natural Area of Local Interest. Likewise, in 2009, the High Court of Justice of Galicia rejected the possibility of turning the lake into a landfill, emphasising the high landscape value of the area.

4. The last route begins at the San Cibrán shrine, where it continues upstream up to a path surrounded by oak trees. This trail next runs parallel to the Freixeiro river, among leafy vegetation and ends not far from its confluence with River Ulla, where the Camino Real route begins. It also connects midway with the second route at its final point.

2c. At this point, the route continues upstream up to a mountain from where several water mills can be seen, of which the "Dos de Campo" mill and the one known as "Do Português" mill are especially noteworthy.
(Due to the construction of the AVE high-speed train in Galicia, the trail is interrupted. You can continue to

species of fish, reptiles, amphibians and birds.

This place, which is quite unknown to those visiting this region of Galicia, was formed due to the action of nature a few 600 meters away from the Freixeiro River, and only 3.8 km away from the shrine of San Cibrán. What was once a quarry used for rock extraction has now become a space of high natural value, thanks to the progressive accumulation of water within. Today, this lake hosts an important amount of biodiversity, with many species of fish, reptiles, amphibians and birds.

Located close to this Nature Trail, this lake is a mandatory stop for all visitors who decide to walk by any of the four routes we just explained.

PIEDRAS MIUDAS LAKE/LAGOA DAS PEDRAS MIUDAS

(Due to the construction of the AVE high-speed train in Galicia, the trail is interrupted. Once at the asphalt track next to Freixeiro, you can continue along the track before arriving near to Cores, where a dirt road on the right enables you to come back to the nature trail once the AVE rails have been left behind)

3. This short route starts at the Abalo roundabout (where it connects with the route above), and turns left along a dirt track. At the first intersection, it climbs towards a signposted path that leads directly to the windmills, which are located in an exceptional landscape over the Arousa ría, where this route ends.

SAN CIBRÁN SHRINE ROUTE

2b. The trail reaches a fork after crossing the river. The route can continue straight ahead to the village of Moroi to visit the As Tixolas Petroglyphs, or continue to the left to the A Devesa recreation area.

2a. This route runs through a riverside woodland and it heads upstream to a meadow. After passing the Dos Freixos mill, it reaches the village of Cores.

SOUTO DA VILA ROUTE

1b. At this point, it crosses the road to arrive at the Curva Patiño recreation area, where the next route of this Nature Trail begins.

1a. From this point, the trail continues downhill until a grassy footpath which continues until an intersection. Afterwards, it continues along a house-lined asphalt road that leads to the village of Cores.

The first route begins at the Freixeiro river, a few meters before it joins the Ulla river, and it continues along an asphalt path towards a viewpoint over the Arousa Ría.

2e. In Abalo, at the first intersection the trail turns onto the road leading to Freixeiro and climbs to a roundabout. It continues to the right, for about 300 metres, along a paved road that ends at the Freixeiro river.

2d. The route drifts away from the river to continue amidst brooms to Souto da Vila. From there, it heads down the main road to the village of Abalo.

Souto da Vila, where you can go back to the nature trail, continuing along the road on the left after reaching Moroi)

CAMINO REAL ROUTE

NATURE TRAIL LAS SENDAS EN ABALO

SECTOR NORTHWESTERN PENINSULAR



NATURE TRAIL LAS SENDAS EN ABALO

Since 1993 the Ministry for Agriculture, 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 Las Sendas en Abalo 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:

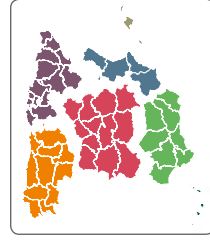
- Catoira: City Council

0034 986 54 60 14

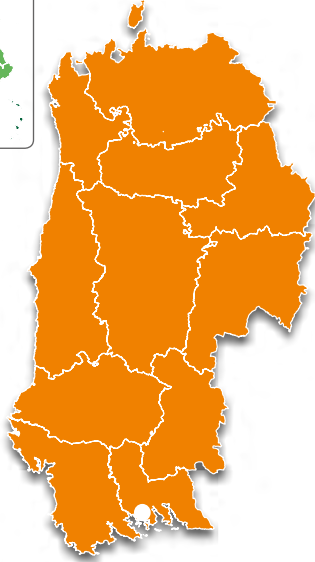
CET LOST ALONG FOUR MOUNTAIN ROUTES BESIDE THE SEA

The Sendas en Abalo Nature Trail is located in the northwest area of the region of Pontevedra. It has a total length of 10.7 kilometres alongside the River Freixeiro towards its mouth in the Ulla River. The Sendas en Abalo offer four possible routes to find out more about the essence of the Galician landscape. Regardless the route chosen, this tranquil trail offers the traveller the possibility of enjoying placid rivers with clean waters where the sight of centuries-old mills is not unusual, meadows sloping gently towards the rivers and dense oak or eucalyptus woods, in which natural montories open to the ría and the sea on the horizon.

(This trail does not comply with the conservation standards of the Nature Trails Programme.)



SECTOR NORTHWESTERN PENINSULAR



MIDE

ROUTE 1 - CAMINO REAL PATH

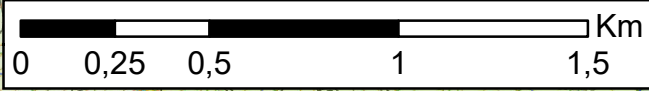
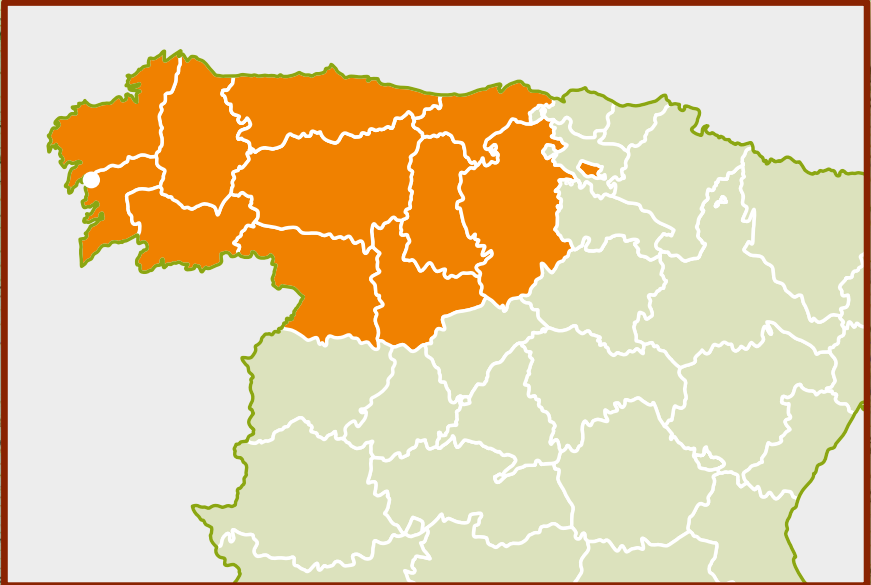
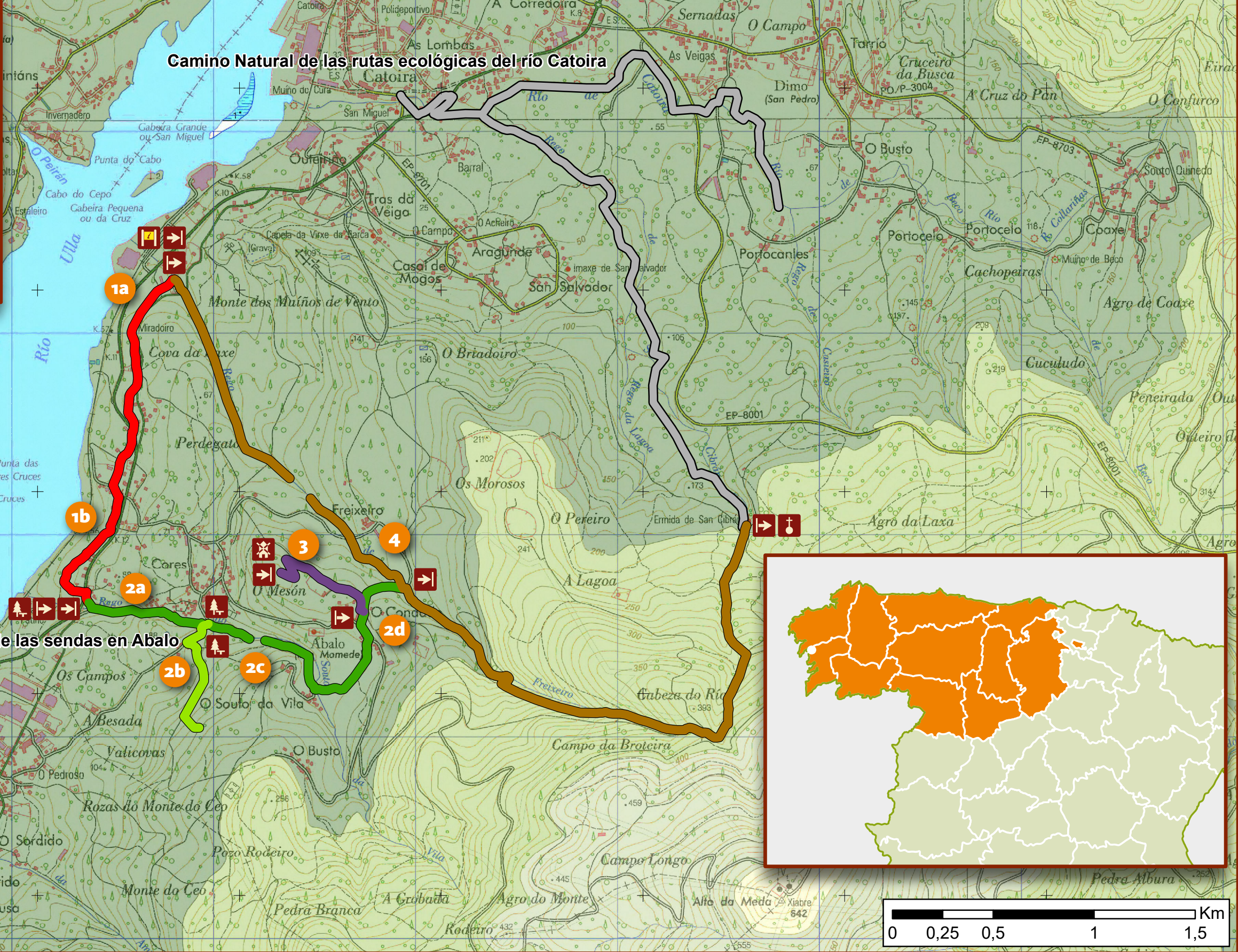
Harshness of natural environment	2		Upward gradient	275 m
Guidance along the route	5		Downward gradient	355 m
Route difficulty	4		ROUTE LENGTH*	10,4 km
Amount of effort needed	2		TIME	2 h

town

point of interest

River Freixeiro

Curva Patiño recreative area



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NATURE TRAIL LAS SENDAS EN ABALO

- Route starting point
- End of route
- Information panel
- Rest area
- Hermitage
- Windmill



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ALIMENTACIÓN Y MEDIO AMBIENTE