



Recreational area near Parderubias



Marabillas



Tower and horreos in Vilanova dos Infantes

These were known by the Romans, who had public thermal baths in this area; however, thermal water springs already existed before their arrival to Ourense and there is evidence that tributes were made to a pre-Roman god of water. These springs were declared a historic-artistic site in 1975 and Heritage of Cultural Interest in 2007. Nowadays, they are used for bathing.

LAS BURGAS

Las Burgas are thermal water springs located in the town of Ourense. Here there are three springs: la Burga de Arriba, the oldest one, built in the 17th century, an example of popular style; la Burga do Medio, which is modern and attached to the wall, and la Burga de Abaixo, a neoclassical, 19th century spring, with two pipes on the side and an engraved basin in the middle, with another pipe.

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Benito Creek.

4. The trail continues to the left of the church, towards the town of Parderubias where, if we leave the itinerary, we

will be able to visit the parish church of Santa Olaia, with a neoclassical façade. The path then arrives to the village of Nigueiroá, with a series of horreos on the left of the path. After Nigueiroá, the nature path continues to Lorio, passing the towns of Covelas and O Couso and crossing the creeks Seixas, Ruxidoiro and Porto. After traversing hardwood and pine trees forests we will arrive to Loiro: at the entrance of the village the parish church of San Martiño stands.

5. The path then goes towards Entestada, passing the tiny chapel of San Roque, near the village of Alén and Sobrado do Bispo. This is where the Bishop of Ourense used to be venerated. From here, we will head towards Moreiras and As Airas, traversing the river valley of Regato de Santa Olaia, with abundant vegetation, among which the arbutus (*Arbutus unedo*) stands out. Then, a path and a track will lead us up to the other side of the valley, to the village of Barbadás, which forms a geographical rise between two valleys. Barbadás is left towards the valley through the neighbourhood of Os Rosales, to a sinuous road that leads to the creek of Soutolongo. At the bottom of the valley, the creek is crossed before continuing our journey through a dense river forest of alder trees (*Alnus glutinosa*) on the right

3. From here, there is a short ascent to the village of Aúlfe, which is left on the right, to continue through a forest track which leads to the Marian Sanctuary of Nosa Señora das Marabillas. This Baroque church is famous for its great simplicity, with a main façade framed by attached pilasters, which are the only decorative element.

2. Then, we will pass through Carfaxiño and Viveiro, right before reaching, next to Barxiña, the Arnoia river, where we may take a break next to a recreational area located in its bank. The path then continues on its left bank under alders, oak trees, ashes and willows, until it crosses it by a granite bridge. In the middle of the bridge, there is a great place to admire the noisy upstream waterfall through a "caneiro" (canal), located at an approximate height of three meters which collects water for the Varela mill.

1. From Celanova, we will first arrive at Vilanova dos Infantes, which can be easily recognised from afar, thanks to its unique tower which dates back to the late Middle Ages. We recommend a visit to the interior of the tower for a tour of the most significant places of the Celanova area; besides, the top terrace offers amazing views of the area.

This trails begins in the Plaza Mayor of the village of Celanova, right in front of the San Rosendo monastery and ends in the Roman-medieval bridge in Ourense.

INLAND SAN ROSENDO. Celanova to Ourense section

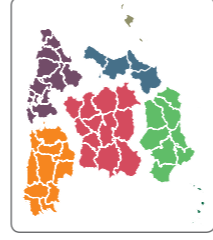
SECTOR NORTHWESTERN PENINSULAR NATURE TRAIL



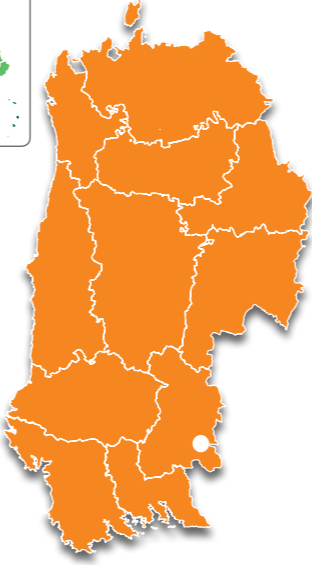
A TOUR THROUGH THE HISTORY OF GALICIA FROM CELANOVA TO OURENSE

Along this trail, we will be able to get to know the rural Galicia and the richness of the landscape in this area of the province of Ourense.

We will traverse hardwood forests, comprising downy birches, oak trees and chestnut trees. We will go across rivers and creeks with endless ethnographic samples of the need of water, such as mills, "caneiros" and bridges; as well as villages with typical constructions, the "hórreos", the importance of which is fundamental for the rural economy of Galicia.



SECTOR NORTHWESTERN PENINSULAR



Guide to the Nature Trails of Spain



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

NATURAL TRAIL INDLAND. SAN ROSENDO. CELANOVA TO OURENSE SECTION












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NATURE TRAIL THE INDLAND SAN ROSEDO. Celanova to Ourense section

-  Starting point
-  End of trail
-  Rest area
-  Religious building
-  Monument
-  Path
-  Bridge