

A Guarda stands out by its varied landscape and because in little more than 20.5km you can enjoy the **Miño River Estuary**, the **Atlantic Coast** and our **two mountains**. The Torroso Mountain point out with its views of the coastline and its **MTB route**. The **Santa Trega Mountain** is known by its **Castrexo-Roman Culture settlement** and its **Museum**, its **signposted hiking route** and its panoramic views of the Mouth of the Miño river, Portugal, the Atlantic ocean and the O Rosal valley.

A GUARDA

HIKING & NATURE ROUTE

Tourist Information tel. 986 61 45 46 www.turismoaguarda.es



MIÑO RIVER ESTUARY

The Miño river forms an estuary of great natural value at its mouth. It is the most significant natural area in A Guarda and it is considered one of the most important **wetlands on the Iberian Peninsula**, with the confluence of both ecosystems, fluvial and maritime.

The ornithologist experts highlight this natural space for the **variety and number of birds** that choose the estuary for wintering. It has protection as part of the **Natura 2000 Network (LIC)** or as **Special Protection Area for Birds (SPA)**.

From the **birds observatories** starts the Ornithological Route, running the last kilometres of the river mouth. This path has **informative panels** that permit understand the estuary importance, the fauna, the vegetation and the ecological aspects.



Wetlands and Birds Observatory

BEACHES

A Guarda has **7 river and sea beaches**. The **Area Grande** (sea beach) and the **O Muíño** (river beach) has been awarded with the **BF** every summer.

RIVER BEACHES

O Muíño, A Lamiña, A Armona and O Codesal

In an exceptional natural environment formed by the **Miño river estuary** are located this four beaches, along the last two kilometres of the river making up a perfect whole. These river beaches have also **oceanic characteristics with the high tide and fluvial with the low tide**.

Besides offering some **astonishing and unbeatable views** towards Portugal and the Miño river flowing into the sea, these beaches are bounded by a **pine wood** that invites to rest and provides a pleasant shade for the sizzling weather in summer. The beaches, with high natural and landscape value, are **part of the Route PRG160 "Desembocadura del Miño" (Miño river Mouth Path)**.

Stands out O Muíño beach because is located just on the mouth of the river and by its facilities and services. Starting in this beach the **Littoral Pathway and the Blue Path**.

SEA BEACHES

Area Grande, Fedorento and O Carreiro

This beaches offer **spectacular sunsets**. They are **small beaches** surrounded by rocks and very close and connected thanks to the **Cetareas (shellfish hatcheries) Route and the Blue Path**.

They are very appreciated by the quality of its **iodised waters recognised** by its beneficial health properties, ideal to improve rheumatic and skin diseases.



Port

ATLANTIC COAST

The Atlantic coastal in A Guarda stands out by the **bravery and strength** that left a mark in generations of sailors and their families. This rocky waterfront makes up an unusual type in the Galician coast because is **rectilinear, with few elevations of the terrain and with no cliffs**. The remains of the **windmills** that were built in the 18th century can be found.

An excellent way to know the beauty of the coastline of A Guarda is go for a walk by the two routes beginning in the seaport. Towards the South the **Littoral Walkway**, and towards the North the **Cetareas (shellfish farms) Route**, both will let us to know the coast line and enjoy the hardness of the sea in winter.

The sea-faring past, based on the traditional inshore fishing, brought about an interesting heritage. The built heritage can be observed in the **architecture and the seafaring district planning, and in the maritime façade of the port**. At the end of the promenade is located the **Museum of the Sea**, housed in the **Atalaia** (watchtower).

ROUTES

PR-G 122

FOOTPATHS OF THE TREGA

This network of **natural paths, mainly paved, and recovered routes** allows to know in depth the **Santa Trega mountain** and the panoramic views that it offers to the **estuary and the mouth of the Miño river, Portugal**, the **Atlantic coast** and the **O Rosal valley**.

There are **three ways to ascend the mountain**: from the **urban center**, from **Camposancos** or from the **neighborhood of A Cruzada**. There are seven different trails that joined together to complete a total distance of just over **7 km**. These trails allow you to enjoy calmly the resources and values that hides the mountain.

SYSTEM R.I.M.

TIMETABLE	CUMULATIVE ELEVATION GAIN	RUN (Horizontal distance)	TYPE OF CIRCUIT
40 min + 2 h variantes	250 m	7,7 Km	linear/circular
NATURAL ENVIRONMENT HARSHNESS	ITINERARY ORIENTATION	DIFFICULTY ON THE DISPLACEMENT	NEEDED EFFORT
1	2	2	1

PR-G 160

MIÑO RIVER MOUTH PATH

The **marked route** begins a few meters from the parish church of Salcidos, and heads towards the **Miño river**, where **birds observatories** are placed and most part of the birds that live or winter in the estuary are concentrated. It runs along the **right bank of the river** using old paths to its mouth in **O Muíño beach** and continues along the **Atlantic coastal**, covering part of the **Littoral Pathway**.

It has great natural wealth due to the **diversity of flora and fauna**, of **ethnographic elements** such as pottery kilns, the pesqueiras (fishing weirs), the salinas (saltern ponds) in the mouth of the river or the coastline windmills. Various **interpretive panels** distributed along the route enable to identify and understand all these values.

SYSTEM R.I.M.

TIMETABLE	CUMULATIVE ELEVATION GAIN	RUN (Horizontal distance)	TYPE OF CIRCUIT
6 h 45 min	15,26 m	11.700 m	round trip
NATURAL ENVIRONMENT HARSHNESS	ITINERARY ORIENTATION	DIFFICULTY ON THE DISPLACEMENT	NEEDED EFFORT
1	2	2	4

LITTORAL WALKWAY

This footpath **goes over the coastline from the seaport to the mouth of the Miño river, ending at the O Muíño beach**. It is a **pedestrian walkway on its 3.6 km and suitable for bicycles until the halfway of the itinerary**.

This walkway permits to enjoy the coast beauty and the sea magnificence thanks to an **easy and pleasant walk**. In the middle of the itinerary, the wood pathway elevates to respect the **Seixal**, this name is coming from the “seixos” (stones rounded by erosion, pebbles) of wich shape was given by the sea. Until recently they were used to diverse purposes such as fishing weights, decorative objects, etc., for that reason their volume has been radically reduced. Nowadays is utterly forbidden to take “seixos” under no circumstance.



CETAREAS (shellfish hatcheries) ROUTE

This **walking route begins in the north of the seaport, and continues towards north bordering the shore almost until the boundary with O Rosal**. It shares the first 500 metres with the Littoral Walkway and where we find the first informative panel, in the **Agrelo Cetarea**.

The “cetareas” are **shellfish hatcheries**, ancient stone structures in the intertidal zone that **keep the shellfish alive** to its subsequent sale. A Guarda gained an important prestige by trading high quality shellfish and this recognition evolved in the expression of an engaging cuisine in which the fishes and shellfishes highlight absolutely.

Along this **4.6 kilometres route**, the ruins of the 4 “cetareas” that are still kept can be known. Even with the high tide we can visit the biggest one, called **Cetarea Redonda** (round cetarea) or Pepe Sobrino’s cetarea, after pass by the beach Area Grande towards north.

BLUE PATH

This **trail links the two blue-flagged beaches in town: Area Grande** (sea beach) & **O Muíño** (river beach). The Blue Path with its more than **5km** takes part of the Cetareas Route and the Littoral Pathway.

SOUTHWEST MTB ROUTE

This **MTB route goes all over the south face of the A Groba mountains range**, that draws on parallel to the **Atlantic coastline, including A Guarda, O Rosal & Oia municipalities**.

In A Guarda the route starts at the **Torroso Mountain**, just in the Salcidos’ Forest Ranger House and continues through the mountains range until complete a 35km itinerary.

This MTB route has **informative panels, indicative signals and marker posts**. Furthermore the route offers some breathtaking views of the atlantic coastline and the natural environment of this mountains range.

- Scenic overlooks
- Park
- Sport & Leisure facilities
- Bird Observatories
- Beaches
- Museum
- Church/Chapel
- Cruceiro (Stone cross)
- Windmills
- Parking
- Tourist Information

MARKS & SIGNALS

All activity in nature has its risks.

Try to go always in company and bring the right material.

Continuity of the trail sign. Indicates that you are on the right way.

Wrong direction sign. Indicates that you have taken the wrong way.

Change of direction sign. Indicates that you have to keep on along the direction stated by the arrow.

Signal in a derivation. Indicates a round trip from the main route.

PR-G Marker post that allows to identify the type and number of the path.

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