

# Where are we and how to arrive?

Carnota is located in a privileged place in the western end of Coruña, to the south of Fisterra, borderin with the municipalites of Muros, Dumbria and Mazaricos.



1. Xallas Waterfall

2. Pindo's beach

3. Mount Pindo

4. Lobeiras Islands

5. Insuela's beach

6. Caldebarcos' beach

7. Boca do Río's beach

8. Carnota's beach

9. Louredo's lookout
10. Mallou's fort hill

11. The Mouros' towers

12. Lira's lookout

13. Lariño's lighthouse

14. Lariño's beach

15. Carnota's granary

16. Lira's granary

17. Miñarzos' Marine Reserve
- Road

# Where to eat and sleep?

## CAFES & PUBS

BAR LAMELA	Lariño	T. 981 761 743
BAR MEDES	San Mamede	T. 981 857 011
BAR MONCHO	Lira	T. 981 761 313
BAR O VAQUEIRO	Pedrafigueira	T. 981 857 017
BAR PAQUITO	Pedrafigueira	T. 981 857 073
BAR PEDRAPÁS	Lira	T. 606 735 296
CAFÉ BAR NOSA TERRA	O Viso	T. 981 760 539
CAFÉ BAR ANA	Caldebarcos	T. 981 760 310
CAFÉ BAR LAMELA	O Pindo	T. 981 764 819
CAFÉ BAR LOURO	Lira	T. 981 761 197
CAFÉ BAR MAR DO NORTE	O Pindo	T. 981 764 869
CAFÉ BAR MICHE	Carnota	T. 981 857 426
CAFÉ BAR O LEIRADAL	Lariño	T. 686 074 978
CAFÉ BAR PUNTA INSUA	Lariño	T. 981 761 894
CAFÉ BAR XOUBA	Lira	T. 981 761 141 // 649 976 117
CAS SABINO FINGERFOOD	Carnota	T. 981 857 278
CASA GOYANES	Carnota	T. 981 857 013
CERVEXERÍA SOL E MAR	O Pindo	T. 981 760 298
O CUBERTO	Carnota	T. 981760 550 // 664 392 010
O PÓRTICO	Lariño	T. 981 761 860
PUB AMADEUS	Carnota	T. 981 760 501 // 677 463 462
PUB CAÑAS	Carnota	T. 981 851 435
PUB PIRATA	Caldebarcos	T. 657 775 515
RIBA DA CHEDA	Lariño	T. 636 428 337
LITO FINGERFOOD	O Viso	T. 981 857 117

## RESTAURANTS

A MOROSA	Mallou	T. 628 401 411
AREAS	O Pindo	T. 981 837 665 // 664 388 562
CASA DA CREGA	Caldebarcos	T. 981 752 543 // 685 547 735
CASA FANDIÑO	Carnota	T. 981 857 020 // 661 712 880
DOÑA TERESA	Lira	T. 697 416 084
O FEITIZO	Caldebarcos	T. 981 760 347 // 637 705 592
PARRILLADA FONTEVELLA	Caldebarcos	T. 981 760 304
A CHALANA DE RUCHO	Lira	T. 981 761 314
RIBA DA CHEDA	Lariño	T. 636 488 337

## ACCOMMODATIONS

BOARDINGHOUSE RÚSTICA A LAXE	O Pindo	T. 617 889 641 // 666 393 628
BOARDINGHOUSE A MORADA DA MOA	O Pindo	T. 607 724 557
BOARDINGHOUSE A REVOLTA	O Pindo	T. 981 764 864 // 667 621 327
IGNACIO APARTMENT RENTALS	Lariño	T. 981 761 745
HOSTEL AREAS	O Pindo	T. 981 837 665 // 664 388 562
CARIBE APARTMENTS	Lira	T. 981 761 082 // 655 596 194
SAN CIBRÁN COUNTRY HOUSE	San Mamede	T. 627 277 361 // 691 769 979
CASA DOSIL BOARDINGHOUSE	Lira	T. 981 761 145 // 649 976 117
FARO INSUA APARTMENTS	Lariño	T. 981 761 731 // 607 952 250
MIRAMAR BOARDINGHOUSE	Carnota	T. 981 857 016 // 666 880 881
CACHIÑO BOARDINGHOUSE	Lira	T. 981 761 138 // 661 469 525
O FOGAR DO CARPINTEIRO	Canedo	T. 698 120 202
O PROUSO BOARDINGHOUSE	Carnota	T. 981 857 083
PLAYA DE LARIÑO APARTMENTS	Lariño	T. 981 761 753 // 651 987 151
A CHALANA DE RUCHO	Lira	T. 981 761 314
SOL E MAR BOARDINGHOUSE	O Pindo	T. 981 760 298 // 679 801 962
RURAL HOUSE XANELA NA LÚA	Lira	T. 981 751 306 // 617 485 182

CARNOTA  
*is yours!*



www.carnota.gal

# History and Heritage

Carnota not only can boast of landscape, but also about its extensive cultural heritage, a result of a rich past history. The existence of megalithic remains and buildings from the Iron Age scatered throughout the municipal territory takes us back to the Neolithic and the Bronze Age, these are good examples of the age of Carnota's settlements.

In the Middle Age belonged to the Counts of Trastámara and Lemos and took part of the Old county of Cornatum. During the agitated years of the Middle Age several castles were building in order to defense against possible atacks, which will be destroyed later during the Irmandiñas war.



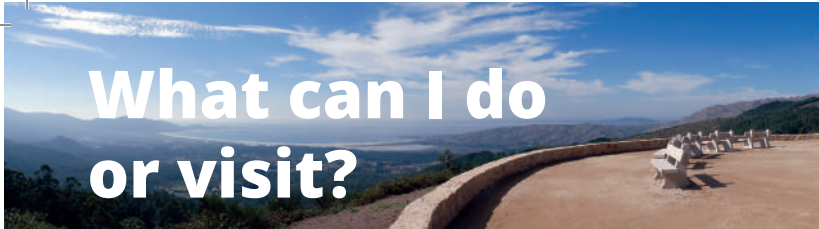
About Carnota's Heritage there are many samples of popular architecture to enjoy, such as stone crosses, mills, felds, seaside huts, dovescotes, spring water fountains or laundries.

But, without a doubt, one of the most genuine traditonal constructions in Carnota are the granaries, used to store, dry and preserve harvested grain and other products from the land. The Lira and Carnota granaries are the most famous because of its size. The granaries, along with the rectoral house, the dovescote and the church of Santa Comba are an architectural masterpiece of undeniable beauty and the largest in Galicia in the Noia Style.

With regards to civil architecture, The Punta Insua lighthouse is the towns jewel. Locate in Lariño, it bears the same name as the area where it was erected in 1920 to light the coast from the Muros and Noia estuary to Corcubion. The building is composed of a rectangular shape which was the common area for people living in it and a round tower where the lens that lightng the horizon was shelter.

The religious architecture that survived on each parish is generally very simple and solemn.





# What can I do or visit?

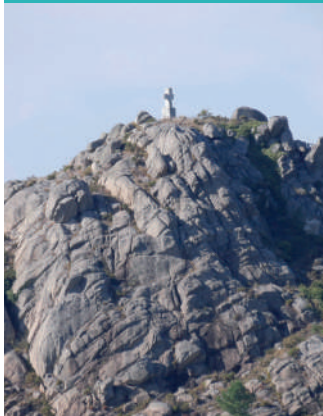
Another of Carnota's tourist attractions , as well as its culture, traditions and rich gastronomy are its natural landscapes that can be traveled through different hiking trails.



## ARCHAEOLOGICAL OPEN-AIR MUSEUM

10,5 Medium 3 h

The Archaeological Open-Air Museum, about 200 meters above sea level, is made of a set of archaeological sites linked by a path (known as Green Path) where you can learn part of the Carnota's history and enjoy the breathtaking panoramic views.



## BICO DO SANTO

1.0 Medium 45 min

It is located between Castelo and Lamas de Castelo, it is a short path but the trail is sloped and intense (179 meters) nowadays crowned with a cross where there was an old guard tower and after a chapel.



## AS FONTES WATERFALL

1.2 Low 35 min

The access starts in Lamas de Castelo, following a rural road that takes you into a foot trail, the walk along the river surrounds us with native vegetation all the way to the waterfall. There are also ruins of an old mill along the way.



# Beaches

The municipality of Carnota has an endless succession of beautiful beaches and dazzling sandy beaches which make up an authentic natural treasure. The best know is Carnota's beach, the largest in Galicia with about 7 km in length and a half moon shape of fine and white sand. It keeps a rustic and wild charm, which gives it a special appeal for those who seek contact with nature and to do water sports.



## THE PINDO'S MOUNT

The Pindo's Mount is one of the most emblematic places in Galicia. It is a granite massif in which due to the erosion, a set of strange zoomorphic and anthropomorphic figures were created that houses a lot of legends. This natural space is an unmatched place for trekking. From its summit, A Moa, located at 642 meters above sea level, you can enjoy Boca do Río spectacular views of Carnota's valley and the extensive beach, the Finisterre's cape and the estuary of Corcubión.

ROUTE 1	THE HISTORY'S FINGERPRINT 5.2  Medium-low  1.5 h of climbing
This is the easiest way to access A Moa. The route starts in the village of O Fieiro, afer going by the Ézaro lookout and Santa Uxia's resevoir thru a dirt road we can see Peñafel and also take a detour to Xoana's cave.	
ROUTE 2	THE ATLANTIC'S VIEWS 4.5  Medium-low  2 h of climbing
This route allows you enjoy the most beautiful landscapes of the Death Coast. The way starts behind the O Pindo's church and takes us to Pedrullo's Castle, passing the Outeiro Nariz and the Chan de Lourenzo, where geomorphological formations of great singularity are found with The Giant of the Mine on the spotlight.	
The route finishes in the A Moa, the highest peak of the Monte Pindo. The spectacular views that Moa offers make up for the effort of the climb. On clear days you can see the estuary of Arousa and Pontevedra to the south and some people claim to be able to see the towers of Santiago de Compostela's Cathedral.	
ROUTE 3	THE PATH OF PEDRULLO'S CASTLE 4.5  Low  1 h (one way)
This route allows us to access the San Xurxo Castle, also know as Pedrullo's Castle. It is a stone structure from the medieval times that was built to defend against attacks and later destroy during the Irmandiñas' revolution.	
ROUTE 4	XALLAS WATERFALL 1.2  Low  1-2 h of climbing
The Xallas river, natural border between Carnota and Dumbría, is the only river in Europe that ends in a waterfall, about 80 meter height, nowadays contained by the Santa Uxía reservoir.	
The set which includes the Xallas gorge and the Pindo massif, preserves an exceptional geomorphological interest and is considered Point of Geological Interest.	

# Celebrations and traditions

On top of the local celebrations, nowadays the gastronomic festivals are increasingly acquiring more relevance in our towns both between locals and visitors, here are the most popular ones:

<b>Cabalgata de Reyes</b> <i>January 5</i>	<b>Celebration of San Mamede</b> <i>August 7, 8 and 9</i>
<b>Celebration of San Sebastián de Pedrafigueira</b> <i>January 20</i>	<b>Celebration of San Clemente do Pindo</b> <i>Second weekend of August</i>
<b>Carnival</b> <i>February/March</i>	<b>Celebration of la Virgen del Carmen and grilled sardine of Caldebarcos</b> <i>Thursday and friday after july 16</i>
<b>Local promotion Show Vindemo Ver</b> <i>Easter</i>	<b>Fiesta del Mar de Lira</b> <i>Third weekend of August</i>
<b>Celebration of Remedios Nuevos in Lira</b> <i>1º thursday after Easter</i>	<b>Celebration of la Cachelada in Mallou</b> <i>Last thursday and friday of August</i>
<b>Celebration of Caldebarcos Mills</b> <i>Last Saturday of May</i>	<b>Celebration of Cristo in San Mamede</b> <i>1º weekend of September</i>
<b>Celebration of Remedios Viejos in Lira</b> <i>7 weeks after Remedios Nuevos</i>	<b>Celebration of Nuestra Señora de los Dolores in Carnota</b> <i>September 20</i>
<b>Festórreo</b> <i>Last weekend of July</i>	<b>Celebration of Cristo do Pindo</b> <i>October 12 and 13</i>
	<b>Celebration of San Martiño de Lariño</b> <i>November 11</i>