

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 | 10. Mallou's fort hill |
| 2. Pindo's beach | 11. The Mouros' towers |
| 3. Mount Pindo | 12. Lira's lookout |
| 4. Lobeiras Islands | 13. Lariño's lighthouse |
| 5. Insuela's beach | 14. Lariño's beach |
| 6. Caldebarcos' beach | 15. Carnota's granary |
| 7. Boca do Río's beach | 16. Lira's granary |
| 8. Carnota's beach | 17. Miñarzos' Marine Reserve |
| 9. Louredo's lookout | — Road |

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Turismo



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is yours!



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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 attacks, which will be destroyed later during the Irmandiñas war.

About Carnota's Heritage there are many samples of popular architecture to

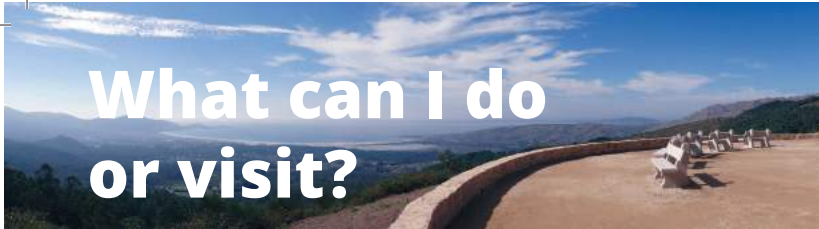


enjoy, such as stone crosses, mills, felds, seaside huts, dovecotes, spring water fountains or laundries.

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 dovecote 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 Corcubi-on. 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 lighting 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

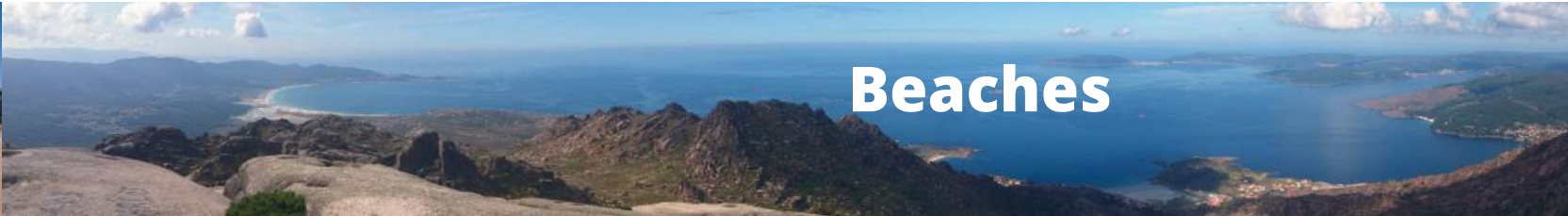
It is located between Castelo and Lamas de Castelo, it is a short path but the trail is sloped and intense (179 meters) nowadays crowned with a cross where there was an old guard tower and after a chapel.



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 fgures 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 Pedru-llo'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	PENAFIEL'S CASTLE 4.5 High 2.5 h
From the town of Fieiro and following a stone paved trail we reach the summit of Penafiel. Legends has it that in this location once stud a modest castle of small proportions in which summit there was an altar where offerings were made.	
Engravings in the stones proof of an excommunication of a noble order by the Archbishop Xelmírez as a result of a serious accusation. If we continue the trail towards the Moa summit we can take a detour and visit Xoana's cave.	
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 Geologi-cal 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:

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