

Route 1: Portuguese Way of St James along the coast

A walk of 9,3 km. and low difficulty, ideal for those that would like to enjoy historical and natural heritage of the coast at the same time.

Starting at the tourist office, walk to the historical city centre. In the Dominica Convent (16th century) turn right to Diego Carmona Street. You will see A Laxe Fountain on your right and arrive to the Ex Collegiate Church of Santa Maria (14th century) where you will join the Portuguese Way of St James along the coast. Follow the yellow signs until A Ramallosa Bridge where you will leave the Way of St James to come back on the coast lane.

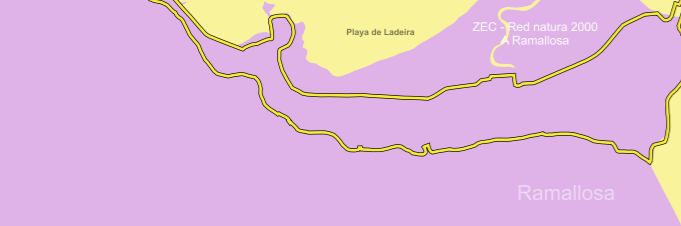
In these 5 km. of the Way of St James you will see the ancient hospital Santi Spiritus, reconverted into municipal library and the cross of Santisima Trinidad (15th century), unique in Galicia.

On the km. 2.5 of the Royal Way, it is advisable to drink from the excellent waters of Pombal Fountain (15th century). You will cross several bridges before reaching the highest point of the walk where you will find the statue of Saint Domingo. Here, turn left into the Lindeiro path, a narrow trail that goes down to Pazo Cadaval where you will find Ramallosa Romanesque Bridge, one of the jewels of river Miñor.

After crossing the bridge, turn left and cross at the zebra crossing to follow the pedestrian lane along the marshlands. Enjoy the beauty of the flora and fauna of the estuary.

Two kilometres before the end of the walk, you may take a break beside a stone fountain, on the right side of the walk and continue bordering Santa Marta Peninsula with Santa Marta hermitage on the top, built upon the ruins of an ancient chapel burnt in 1585 by the English pirate Francis Drake on his attempt to conquer the Peninsula.

At the end of the walk, enjoy the panoramic view in front of the copy of the Columbus Caravel Pinta and the magnificent fortress of Monterreal.



Route 2: River and Coast Walk

A circular path of 12.0 km. and medium level of difficulty, ideal for nature lovers and sea lovers.

Starting at the tourist office near Ribeira Beach, continue by Alfonso IX Avenue with the view of the fishing port and walk parallel to the sea until Santa Marta Beach.

Once there, cross at the zebra crossing and turn right to take wood path (550 m.) up to Baiña River and continue to the dam. Halfway, turn right again to enter the village of Os Eidos and continue beside the river until reaching the highest point of the walk (250m.) where you may take a break and drink from Fontes Fountain, near the riding school.

Take the second wood path beside the river (740 m.) in Baredo, to get back to Baiona. Walk parallel to the sea with caution and enjoy the strength of waves splashing over the rocks. At A Rocha Rest Area, you may enjoy the spectacular view of Cies Islands.

Continue to the seawall, bordering Sanson Hill, where the Virgen de la Roca Statue watches the walk to A Concheira Beach from the top. On your left, take the stone path of Monte Boi, around the fortress of Monterreal (11th-17th century). There is a fountain on km. 10, just before the tiny and paradisiacal Os Frades Beach. The walk continues back to the starting point.



Route 3: Petroglyphs

A circular path of 17.2 km. and medium-high level of difficulty, ideal for experienced hikers that want to enjoy the high mountain and its ethnography.

Starting at the tourist office, cross A Palma Park and pass by Pinzon Statue. Continue to the sea and at 200m. on your left in an esplanade, take the way up on a path with crosses (Via Crucis) to the Virgen de la Roca Statue.

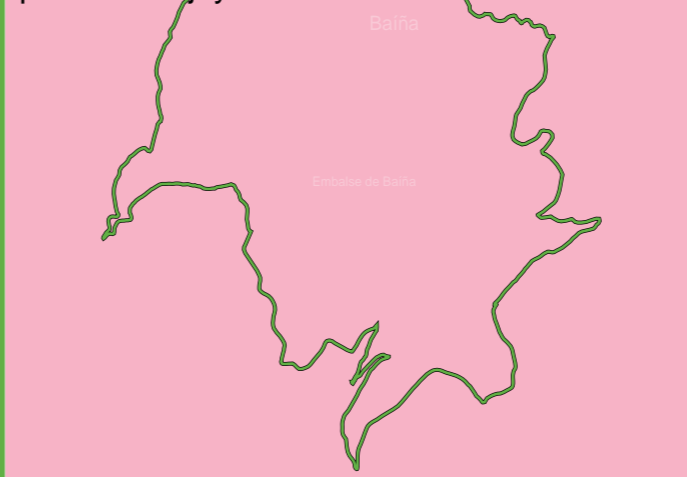
Cross on the pedestrian bridge over the highway and walk up the road for 700m. Then turn right on the crossing to the Fontes School. From here, continue on the ground path until Chan da Lagoa Rest Area (335m. high) where there is a fountain.

Walk to the ancient village of Saint Cosme and after 300m. turn right and take the way up on a stone path. Enjoy the view of the ria of Baiona and how it changes as you walk up.

On the highest point of the walk (km. 10 at 430m.) you may watch four rias (Baiona, Vigo, Pontevedra and Vilagarcia de Arousa). Turn left to take the way down on a stone path where you may see the tracks of ancient wheel carriages. At the Archaeological Site Outeiros dos Lameiros enjoy the petroglyphs that are more than 4,000 years old.

Continue down to the village of Os Eidos where there is also a fountain. At 3 km. from the end of the route, border Santa Marina de Baiña Church (12th century) and continue on the road until you find an access on the left.

Find the magnificent cross of Santisima Trinidad and enter the historical- monumental city centre of Baiona. From here, get back to the starting point and enjoy a well-deserved break.



Baiona on Route

Paths around Baiona

Characteristics of the routes

Route 1: Portuguese Way of St James along the coast

9,3 Km **2,20 h.** **CALORIES 625**

Type of route: circular.
Level of difficulty: low.
Maximum height: 40 m.
Total elevation gain: 90 m.
Path surface: road, stone and wood.

Estimated time and loss of calories

Route 2: River and Coast Walk

12,0 Km **3,25 h.** **CALORIES 850**

Type of route: circular.
Level of difficulty: medium.
Maximum height: 250 m.
Total elevation gain: 286 m.
Path surface: wood and road.

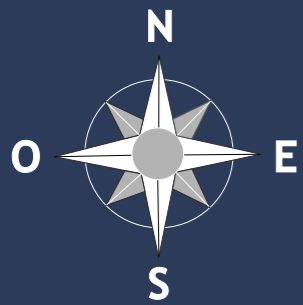
Estimated time and loss of calories

Route 3: Petroglyphs

17,2 Km **4,45 h.** **CALORIES 1.200**

Type of route: circular.
Level of difficulty: medium/high.
Maximum height: 430 m.
Total elevation gain: 582 m.
Path surface: ground and stone.

Estimated time and loss of calories



Atlantic Ocean

Ría of Baiona

Cape Silleiro

Baiona

Ramallosa

Baíña

Baredo

Gondor

Code of conduct

Respect the environmental, ethnographic, cultural, historical values and landscape.

Whenever possible, respect the walking direction (right or left side, depending on direction) for a better fluidity.

Give priority to elder people, people with disabilities, people with children, etc.

Avoid blocking the way at any point and if you need to stop, do it securely, making it easy for other people to walk or use the path.

Some paths cross or go parallel to roads, pay maximum attention.

In case you take domestic animals, walk along with them in a leash, except in authorised places, according to legislation.

Scala



112
 Teléfono de emergencias
 Teléfono de emergencias
 Emergency telephone number
 Numéro d'appel d'urgence

	You are here
	Tourist office
	Walking direction
	Km.