



# mondoñedo

*a thousand adventures to experience*

MONDOÑEDO TOURIST BROCHURE  
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In 1985, Mondoñedo was designated a "B.I.C." (Site of Cultural Interest) in the "Historic-Artistic" category, which gives it a high degree of legal protection and priority in relation to the management of its heritage.

For its part, Mondoñedo Cathedral was also classified as a "B.I.C." (Site of Cultural Interest) and declared a National Monument in 1902



Since 2018, Mondoñedo has belonged to the prestigious association called "Los pueblos más bonitos de España" (The most beautiful villages in Spain), which encompasses 79 of the country's villages and towns renowned for their charm and the value of their historical, cultural and natural heritage.



In 2013, UNESCO approved the extension of the Way of St. James in Spain to include "Routes of Northern Spain," featuring 21 individually registered elements such as Mondoñedo Cathedral.



In 2018, the "O Rei Cintolo" Cave received Observer® certification as a scientific tourism destination.



MONDOÑEDO TOWN COUNCIL  
TOURISM



THE MONDOÑEDO VALLEY



WIKILOC ROUTES  
AROUND THE MUNICIPAL DISTRICT



"MONDOÑEDO AND FAMILY"  
FICTIONALISED AUDIO-GUIDE



ÁLVARO CUNQUEIRO  
HOUSE MUSEUM ("CMAC")



MONDOÑEDO  
TRAILS APP



Mondoñedo forms part of the "A Mariña Lucense" Tourist Destination (North of Lugo Province), with its central location making it the ideal place for discovering the region.

# What to do in Mondoñedo...

- > Visit the Cathedral and its heritage with a complete audio-guided tour.
- > Tour the Old Town with its churches, monasteries, squares, "pazos" (ancestral homes)...
- > Let yourself be guided by "Rula," the main character in the fictionalised audio-guide called "Mondoñedo and Family," in an itinerary around the small town.
- > Visit the Álvaro Cunqueiro House Museum, the place where this great writer produced an important part of his work.
- > Visit the Alcántara Cultural Centre - Northern Way to Santiago Interpretation Centre.
- > Discover the singular Os Muíños neighbourhood with its artisan workshops.
- > Savour Mondoñedo's "empanada" (Galician pie), bread and "tarta" (cake) with a nice cup of coffee.
- > Try some tapas in its bars and enjoy a meal.
- > Visit the "O Rei Cintolo" Cave.
- > Walk along the Way of St. James and feel like a pilgrim.
- > Participate in its colourful festivals and fairs.

... or simply wander around its romantic narrow streets and enjoy life.

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Mónica Pereira; Mondoñedo Tourist Office. Maps: SCQ TAU SL TRANSLATED BY: Desmond Joyce

D.L.: LU 50-2019



## directory

Public hostel	982 507 040
Town Council	982 524 003
"Casa da Xuventude" (youth association)	982 507 105
Cathedral Basilica of La Asunción	<i>Visits</i> 683 166 703
North Route Interpretation Centre	982 188 200
Álvaro Cunqueiro House Museum (CMAC)	982 507 313
Health Centre	982 507 452 - 982 507 223
Sports complex. Municipal swimming pools	982 507 345
Post Office	982 521 736
Bus Station. ARRIVA information	981 330 046
Petrol station	982 524 030
Municipal tourist office	982 507 177
Local police	982 507 040
Taxi rank	982 521 876
Medical emergencies	982 524 038

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# Mondoñedo

*a thousand adventures  
to experience*

Mondoñedo is a municipal district that combines nature and culture in perfect balance, resulting in an attractive tourist destination due to its diversity; it is very close to the coast, while boasting one of Galicia's best-preserved old towns, declared a Historic-Artistic Site in 1985 and a member of the Network of the Prettiest Villages in Spain, with a World Heritage Cathedral; emblematic nature sites such as the "O Rei Centolo" Cave –the largest in Galicia– "Salto do Coro" (waterfall), "Fraga Vella" (forest), A Toxiza or the A Fervenza recreational area; living crafts; outstanding festivals; an atmosphere filled with its artists' work; renowned gastronomy; landscapes of great beauty and a wide range of services. This publication will open the doors to everything that Mondoñedo can offer you; we invite you to explore it at the unhurried pace that this charming destination deserves. Mondoñedo, a thousand adventures to experience.



A

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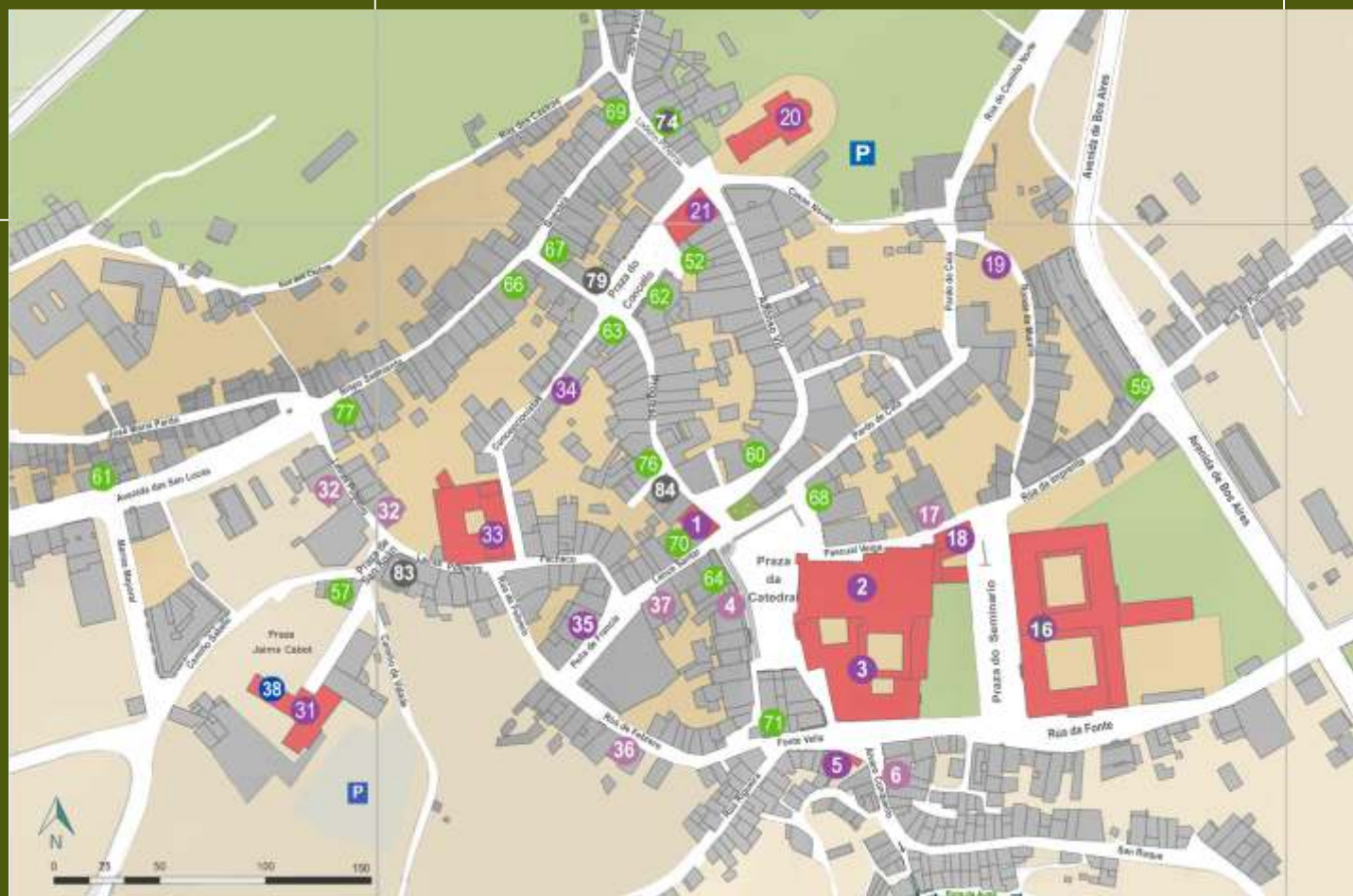
C

2

2

3

3



A

B

C

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- 3 Bishop's Palace (B3)
- 4 CMAC. Álvaro Cunqueiro House Museum (B3)
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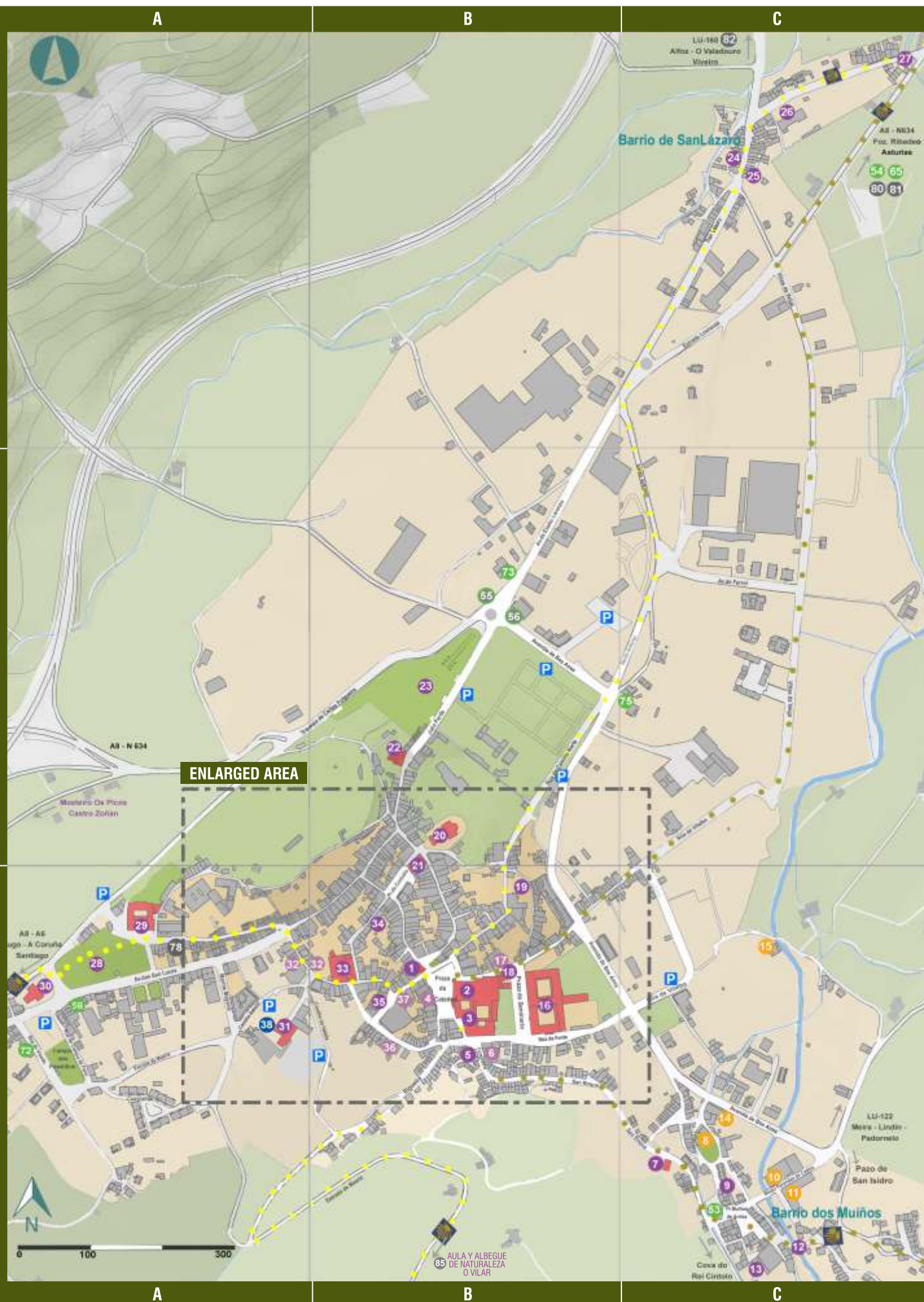
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## MAP OF MONDOÑEDO





# Mondoñedo is Culture

The weight of Mondoñedo's life course has left its mark, generating a place where every stone in every corner speaks of history and legend; a world of its own created and recreated by time, which invites visitors to immerse themselves in a unique and significant space.



The Cathedral Basilica of La Asunción is the town's most important and oldest building. It was declared a National Monument in 1902 and a World Heritage Site by UNESCO in 2015. Its construction began in 1219, being dedicated in 1242 in the days of



Bishop Don Martín. It was built in the Romanesque style with Cistercian influences evolving towards the new ogival art.

The interior, where a large part of the original

work still exists, experienced its most important alterations first of all between the 16th and 17th centuries, when the ambulatory was opened up to make the cathedral more spacious, and then in the 17th century when an extra section was added to each side of the transept.

The main façade, a magnificent example of the town's splendid past, was altered in the 18th century in the baroque style by Bishop Muñoz y Salcedo. This project featured three large arches and the Romanesque front, with two three-sectioned, square towers featuring a balustrade, adornments and domes. Frames and leaf motifs were also added to the side windows and, in the centre, a rectangular section was erected



with an image of Our Lady under a royal crown. An impressive image of St. Rudesind, patron saint of the Mondoñedo-Ferrol Diocese, crowns the ensemble.

Today, the cathedral is open every day with the possibility of audio-guided tours in six languages; the extensive itinerary includes the cathedral, sacristy, museum, cloister and chapterhouse.



## CATHEDRAL SQUARE

The compact urban ensemble of the town is centred on this beautiful square featuring emblematic monuments and stately homes, always under the gaze of Cunqueiro (statue by Juan Puchades).



## FORMER TOWN HALL

Built in the 16th century as a meeting place for the Council. Its façade features the coat of arms of Charles V, a wrought-iron balcony and a niche with St. Roque on one side. It now houses the Municipal Library.

## ÁLVARO CUNQUEIRO HOUSE MUSEUM

Mondoñedo, the cradle of artists, the magical birthplace of Cunqueiro, has recently opened this space. It is a three-storey house into which the author moved in 1949; it is devoted to the work of this Galician author, who is considered the most brilliant one in the 20th century and one of the great writers in the Spanish language.

This writer forms the basis of the audio-guides entitled "Mondoñedo and family. An exciting walk around Cunqueiro's town," which features a 45-minute fictionalised tour around the old town. It is available for rent in the Tourist Office.



## BISHOP'S PALACE

This building underwent several alterations until it was rebuilt in the 18th century, in the days of Bishop Riomol y Quiroga, whose beautiful coat of arms adorns the façade. Later, Bishop Cuadrillero y Mota built the side façade (called "fachada del mediodía") featuring his own coat of arms.

## "FONTE VELLA" (OLD FOUNTAIN)

Its original architecture dates from 1548 in the days of Bishop Diego de Soto, whose coats of arms adorn the sides of the façade, which is crowned by the imperial arms of Charles V.

It faces the house where Álvaro Cunqueiro Mora was born (1911-1981).





## SEMINARIO CONCILIAR DE SANTA CATALINA

This prestigious seminar, which served as the town's cultural centre for decades, was built in the 1583 (the third one in Spain). The present-day construction was mainly erected in the 18th century. Above the main entrance, crowning a small pediment, there is an image of St. Catherine. It is now used as a boarding house, meeting place and venue for events.



## CHURCH OF SANTIAGO

This neogothic church, also known as "Iglesia Nueva" (New Church), has been a parish church since 1901. It was designed by the well-known provincial artist Nemesio Cobreros. Its courtyard features beautiful views of the valley.



## OLD CITY WALL

Mondoñedo's town centre used to be surrounded by a medieval wall (14th century) to protect it from attacks, control merchandise and isolate it from plagues. As the town expanded, the wall gradually disappeared. Today, all that remains is a small stretch along Rúa da Ponte, where we can see part of the original layout.



## TOWN HALL / CASA DO CONCELLO

This building, a clear example of Galicia's civil baroque style in the 19th century, belonged to a local noble family and was the seat of different institutions until the beginning of the last century, when it became the Town Hall. It overlooks the small square called Praza do Concello, the nerve centre of the present-day town.



## CONVENT OF LAS CONCEPCIONISTAS

The present-day building is from the beginning of the 18th century, although the convent was founded earlier (Pazo de San Isidro, 1656). It is still inhabited by cloistered nuns. The convent's chapel features a beautiful carved front with Immaculate Mary and two coats of arms.



## NORTHERN WAY TO SANTIAGO INTERPRETATION CENTRE ALCÁNTARA CULTURAL CENTRE

This cultural space housing two institutions is located in the former church of the Convent of San Pedro de Alcántara (18th century), which no longer exists.

It now enables visitors to explore the important cultural past of Mondoñedo, presenting its most outstanding musicians and writers, figures such as Manuel Leiras Pulpeiro (1854-1912), Antonio Noriega Varela (1869-1947), Álvaro Cunqueiro (1911-1981) or Pascual Veiga (1843-1906).

This is the only Interpretation Centre of the Northern Way to Santiago in Galicia. It not only describes the history and curiosities of the "Camino" but also its main heritage features.



## OLD CEMETERY

This evocative space located at one of the entrances to the city features a panoramic park and the former cemetery, which houses the remains of the writers Álvaro Cunqueiro Mora, Manuel Leiras Pulpeiro and the musicians José Pacheco and Pascual Veiga.



## PAZO DE SANTOMÉ

This "pazo" (ancestral home) was built by the Santomé family at the end of 18th century and later acquired by the Montenegro family. It features two coats of arms representing the arms, on the one hand, of Santomé and Labra and, on the other, of Segador, Aguado and Villaamil. It now houses the Spanish Potholing Documentation Centre and the "Terras de Miranda" Association.

## SAN LÁZARO NEIGHBOURHOOD

This traditional neighbourhood, located to the northeast of the town of Mondoñedo, contains interesting heritage features such as the Chapel of San Lázaro (18th c.), Pazo de Caión (former linen factory), the former hospital of San Lázaro, which treated lepers in the Middle Ages, and a beautiful granite bridge over the River Valiñadares from the 18th century. The North Route to Santiago crosses through the neighbourhood at one of its entrances to the town.



## ALAMEDA DE LOS REMEDIOS

The "Alameda de los Remedios" or "Campo de los Remedios" is one of the oldest urban parks in Spain. It features a beautiful view of the valley of the River Cesuras, including the monumental Monastery of San Martín de Villaoriente (abandoned), better known as the Monastery of "Los Picos." It is crossed by one of the itineraries of the North Route to Santiago exiting the town on the way to Abadín.

## HOSPITAL OF SAN PABLO & SAN LÁZARO

This 18th-century hospital combined in a single building the former hospital of San Pablo, the leprosy hospital of San Lázaro and a hostelry of the Plaza Mayor. The main entrance features an impressive baroque coat of arms of the city along with that of Bishop Sarmiento de Sotomayor, who was behind the project.



## SANCTUARY OF "NUESTRA SEÑORA DE LOS REMEDIOS"

The present-day church was built in 1738, also by Bishop Sarmiento, on the site of a simple chapel. The main altarpiece of the beautiful baroque ensemble inside features the figure of the town's patron saint, the "Virgen de los Remedios" (Our Lady of Remedies), while Bishop Sarmiento's tomb is located to the side.





# Os Muíños Neighbourhood

Located ten minutes from Plaza de la Catedral (Cathedral Square), this picturesque neighbourhood is made up of small water channels connected to the River Valiñadares –which also flows through the neighbourhood – that formerly powered the waterwheels used by an important number of artisans (smiths, millers, ceramists...); their products satisfied the demand of the surrounding population. The “O Pasatempo” bridge, the “Os Pelamios” fountain, the Chapels of Santiago

and San Roque are witnesses to the history of this artisanal neighbourhood, which still attracts visitors due to its resources, present-day workshops and unique spots.

This neighbourhood was the birthplace of the musician José Lodeiro Piñeiroa (1868-1934), who composed the first anthem of F.C. Barcelona, and of José Díaz Jácome (1910-1998), a journalist, poet and writer that was appointed as Official Chronicler and Honorary Citizen of Mondoñedo.

These workshops can be visited and are open with established business hours (high season).

+ INFO:  
at the workshops or from  
the Mondoñedo Tourist  
Office

Silk-screen  
printing  
684 220 491

Iron art  
697 559 710

Puppets  
617 353 140

Stonemasonry  
678 990 683

Pottery  
652 328 194

In summer, the  
“Os Muíños” Craft  
Association organises the  
colourful “Feira artesanía dos  
Muíños” (craft fair), which  
reflects this old  
neighbourhood’s  
dynamic spirit



- 1 Former “Taberna de Póngalas”
- 2 Chapel of Santiago
- 3 Chapel of San Roque

- 4 House where Lodeiro Piñeiroa was born
- 5 House where J. Díaz Jácome was born
- 6 “Os Pelamios” fountain

- 7 Pazo de San Isidro
- 8 “O Pasatempo” bridge
- 9 “O Valeco” restaurant



# Mondoñedo is Crafts

Mondoñedo's long history includes different economic activities, many of which were located in this traditional neighbourhood that keeps alive the spirit of its artisanal past

## Pottery

Located in the former "Vendabal" workshop (Pascual Freire), this space opens its doors to visitors interested in discovering the art of traditional ceramics and the work of its present-day artisans.



## Stonemasonry

This workshop, located on the banks of the River Valiñadares in the neighbourhood's former one-classroom school, features traditional and modern stonemasonry by Fernando Vilariño, who explains his art by means of commented visits.



## Puppets

Ton Arenas, of Títeres Micromina, has in this corner of the neighbourhood (opposite the stonemasonry workshop) the workshop where he creates his fictional characters. He also delights young and old alike with examples of his work, apart from explaining his creative process.



## Silk-screen printing

"Estudio Estampa" is a family silk-screen printing workshop located a few metres from Avenida de Buenos Aires, in a beautiful spot beside the river. It is housed in a refurbished slaughterhouse and is now full of plates, colours, remnants and works of art, which Julieta and Lucía Vargas explain to those interested.



## Iron Art

Raimundo Rubal's workshop features artworks by this renowned sculptor who works with iron, bronze and stone. His works are on display inside and outside the workshop, located on Avenida de Buenos Aires.



## PONTE DO PASATEMPO

This medieval bridge witnessed an important historical event in 15th-century Galicia. Here, Doña Isabel de Castro, the wife of Marshal Pedro Pardo de Cela, was distracted by enemies when she brought a royal pardon for her husband. Meanwhile, he was being executed in Plaza de la Catedral. Since then, the old bridge of Los Ruzos has been known as that of "pasatempo" (pastime).



## PAZO DE SAN ISIDRO

Located in the place called Couto de Outeiro, this "pazo" (ancestral home) was declared a B.I.C. (Site of Cultural Interest) in 2018. It was originally linked to Captain Pedro Fernández Vaamonde y Saavedra and his wife María de Losada. In addition to Jurisprudence Tower, it was also a convent for the order of "Concepcionistas" nuns before being used as a "pazo." The present-day building—which incorporated some medieval elements—dates from the 17th century. Contact: 638710718.

# Mondoñedo is History



Mondoñedo's political, ecclesiastical and cultural significance has left a deep imprint on its extensive and important historical-artistic heritage.



The origin of the area's settlement probably dates from the Upper Palaeolithic, about 10,000 years ago. The abundant presence of remains of "castros" (Iron Age settlements) reveals that there has been a stable population since pre-Roman times (5th century BC). These population centres were subsequently affected by romanisation, as shown by elements found in Castro de Zoñán and in the town of Mondoñedo itself.



The 12th century, during the Middle Ages, would be the most important one for the history of Mondoñedo, since its later development is closely linked to the origin of its diocese. In 1112, in the days of Bishop Nuño Alfonso and by virtue of a bull from Queen Urraca, the cathedral see was then located in San Martín de Mondoñedo (Foz) was moved to the village of Vilamaior, which with the passing of time would also be called Mondoñedo. Since then, the small population centre became more and more important, acquiring town status in 1156 thanks to King Alfonso VII, who granted laws to Mondoñedo (known as the "Foro de León"), the holding of markets at the beginning of every month

and an annual fair (the origin of the present-day San Lucas fairs). After being moved temporarily (1182-1219) to Ribadeo, the cathedral see was established permanently in Mondoñedo and the present-day cathedral was erected on the site of an old monastery, being dedicated in 1242.

In the 14th century, a city wall was erected to protect the population and in the 15th century, more specifically in 1425, a large part of the town was destroyed by a memorable fire. It was also in this century (1483) that Marshal Pedro Pardo de Cela was executed in Mondoñedo. The town, which would have one of the first printing shops at that time (1534), continued growing thanks to the episcopal see and its status as capital of one of the Former Kingdom of Galicia's seven historical provinces. The 18th century would be a time of special growth with the construction of important monumental buildings, favouring the town's present-day urban configuration.

This positive evolution would not continue in the 19th century. In 1833, as a result of the Madrid government's liberal reform that divided Galicia into the four present-day provinces, Mondoñedo lost its status as provincial capital. In contrast to the municipal district's subsequent demographic and political decline, an interesting cultural development took place that would leave a valuable legacy by such important figures as the writers Manuel Leiras Pulpeiro, Antonio Noriega Varela, Álvaro Cunqueiro and the musicians

Pascual Veiga or José Pacheco, making Mondoñedo a cultural reference point for Galicia.

## ARCHAEOLOGICAL ROUTE

In the last year, a 51-km route, with seven stops, has been signposted to encompass the municipal district's main archaeological resources. It begins in O Vilar (Nature Centre) and continues with: 1. Way of St. James; 2. A Toxiza (area of scenic interest); 3. Menhir of A Toxiza (point of archaeological interest); 4. Fraga Vella (area of scenic interest); 5. Mámoa de Pena Muñeite (point of archaeological interest); 6. Castro de Zoñán (point of archaeological interest) and 7. Historic-Artistic Ensemble of the town of Mondoñedo.

Part of the route includes dirt trails that may not be suitable for vehicles that are not all-terrain.







Spanish Potholing Documentation Centre (Pazo de San Tomé)

# Mondoñedo is Nature

With renowned scenic spots such as Serra do Xistral (Special Area of Conservation-Natura 200 Network), Ría de Foz-Masma (Special Area of Conservation-Natura 200 Network) and as part of the "Terras do Miño" Biosphere Reserve, Mondoñedo features areas of great beauty for their contemplation and ideal places for practising sports.

Its territory offers a range of activities such as trekking, canyoning, mountain biking, climbing, paragliding, fishing or kayaking, but potholing is undoubtedly its most exclusive activity, thanks to the "O Rei Cintolo" Cave.

## "Visit to the centre of the earth" "O Rei Cintolo" Cave

This cave, which is almost six kilometres long and the largest in Galicia, is located 15 minutes from the town of Mondoñedo, in a setting of undoubted beauty.

You can enjoy the emotion of entering the heart of the earth by means of the guided potholing visits that the Town Council organises on a regular basis.

This singular experience, which lasts for about an hour and a quarter, features stalactites, stalagmites, columns, outflows and even a small lake.


















The cave is in its natural state and can therefore although be visited as part of a guided tour, in small groups with the necessary equipment.

The minimum age for participating is 12 and you must book in advance.

**Bookings and information: 982 507 177**  
(Mondoñedo Tourist Office)



## REFERENCES

-  Church. Monastery. Cathedral.
-  Chapel. Chapel. Oratory.
-  Stone cross. Calvary. "Peto de ánimas"
-  "Pazo" (ancestral home)
-  O Vilar Nature Centre
-  Bridge
-  "Castro" (Iron Age settlement)
-  Cave
-  "Fervenza" (waterfall)
-  Site of Community Importance (SCI)
-  Panoramic view
-  Rural Tourism House (accommodation)
-  Dual carriageway
-  N-634 road
-  -LU-124/LU-160 road
-  Parish limit
-  -Name of parish

## ROUTES

### WALKING ROUTES

- 1 Ruta da Auga - Water Route (Salto do Coro - Barral - Supena)
- 2 Fraga Vella / "Ruta dos Acivros" (Holly Route)
- 3 Leiras Pulpeiro Route

### MOUNTAIN BIKING ROUTES

- 1 A Toxiza
- 2 Cristo do Fiouco - Argomoso

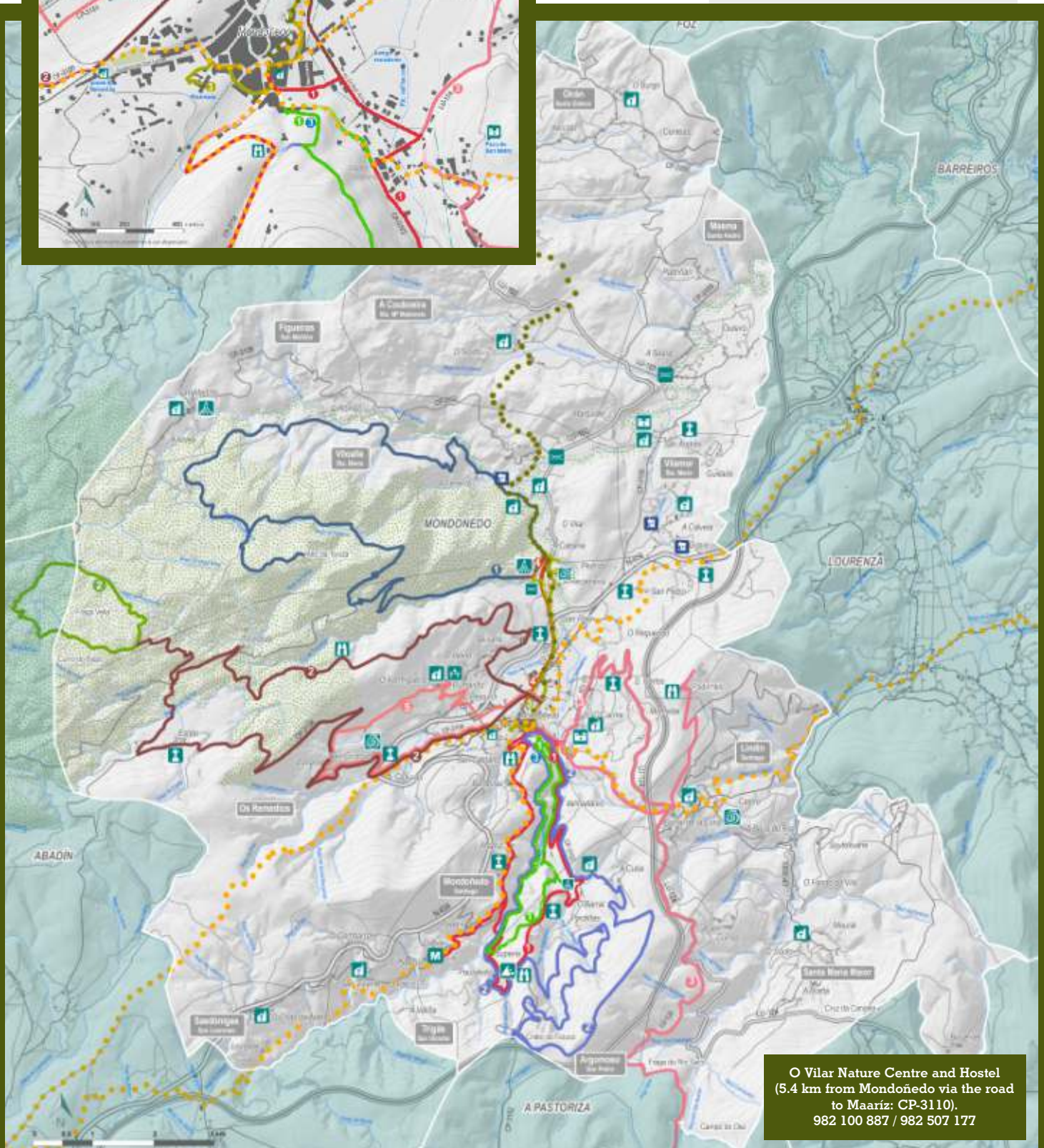
### DRIVING ROUTES

- 1 Salto do Coro - Cova do Rei Cintolo - Miradoiro - Supena - O Vilar
- 2 Fraga Vella
- 3 O Padornelo - Campo do Oso
- 4 A Fervenza (River pool - Piscina fluvial)
- 5 Mosteiro dos Picos - Castro de Zoñán

- ..... Northern Way to Santiago
- ..... "Camino Real" (King's Highway)



All routes are georeferenced and can be download



O Vilar Nature Centre and Hostel  
(5.4 km from Mondoñedo via the road  
to Maariz: CP-3110).  
982 100 887 / 982 507 177



## WALKING ROUTES

### 1 RUTA DA AUGA - WATER ROUTE

This is one of Mondoñedo's most traditional routes. It begins at Fonte Vella (Old Fountain) and continues along Álvaro Cunqueiro Street; 50 metres further on, you turn off the street and pass below a house (located on the right) before turning straightaway to the left to take a trail that goes up behind the houses. This route will take you to the Salto do Coro waterfall (3.7 km) and returns along the CP-3102 road (round trip of 7.2 km, 2 hours). However, you can also continue along the "As Sete Voltas" trail as far as the area of the "O Rei Cintolo" Cave (Supena), returning from this village along the old quarry road (round trip of 11 km). The route goes through woodland surrounding the River Valiñadares.



### 2 "FRAGA VELLA" ROUTE / "RUTA DOS ACIVOS"

This route is a 15-km drive from Mondoñedo (follow the signs from Travesía de Carlos Folgueira near the Church of Los Remedios). It is a circular 5.8-km itinerary that runs through an area of great scenic beauty in the surroundings of Sierra de O Xistral, classified as part of the Natura 2000 Network and a Site of Community Interest; the dirt trail is clearly marked and signposted, and is not physically demanding.

In 2015, this route was extended to a length of 11.5 km with the name "Ruta dos Acivos" (Holly Route).

### 3 LEIRAS PULPEIRO ROUTE

This 6.9-km route promoted by the "Abrindo Camiño" Association features interesting sites in the town and its immediate surroundings, linked to the figure of the doctor, poet, republican and mason, M. Leiras Pulpeiro. It goes along streets and a road (care is required due to the traffic) and features information panels.

The itinerary in Mondoñedo features: Alcántara Cultural Centre, houses where Leiras Pulpeiro lived in the street named after him, Casa da Xuventude, house where he was born (Calle Febrero), Plaza de la Catedral, Seminary, Calle da Ponte, Calle del Camino Norte, San Lázaro neighbourhood and then 1.5 km along the LU-160 road, on the left, you cross the "Os Carabullos" bridge leading to the A Fervenza Recreational Area. Continuing with the itinerary, near the bridge, at the other side of the LU-160 road, in the place called "do Mazo," there begins a trail that leads to the Fountain of Sulphurous Water, near the Iron Age settlement called Castro de A Recadeira (Pena do Unto). From here, you can return to Mondoñedo the same way as far as the Old Cemetery, where the remains of this illustrious Mondoñedo resident lie.

## MOUNTAIN BIKING ROUTES

### 1 "A TOXIZA" ROUTE

This is a 22.7-km circular route (2-3 hours depending on how fit you are) of medium-high difficulty that runs through the parish of Viloalle, taking you as far as Alto de A Toxiza. There is a steep climb at the beginning (7 km) and then, after reaching Alto de A Toxiza, the route goes down through the Figueiras area towards the village of Ferreira, near the starting point.

### 2 CRISTO DO FIOUCO – PARISH OF ARGOMOSO

This is a 24-km circular route of high difficulty (2-3 hours depending on how fit you are). It begins in the Os Muíños neighbourhood and goes along the CP-3102 road as far as Cristo do Fiuco (666 m), returning via Supena and connecting with the Water Route (in the opposite direction to pedestrians).



## DRIVING ROUTES

### 1 SALTO DO CORO - BARRAL - COVA DO REI CINTOLO - SUPENA - O VILAR

This is a 17-km circular route to discover the municipal district's outstanding places. The first stop is the small and attractive Salto do Coro waterfall, which is signposted from the Os Muíños neighbourhood (CP-3102 road, turnoff on the right after 2.4 km and, 1 km later, a 600-metre ascent on foot up to the waterfall). Returning to the turnoff, continue along the CP-3102 road following the signs for the "O Rei Cintolo" Cave (prior booking required for tours), where you can see the access walkway. Continuing, you will come to a nearby viewpoint featuring beautiful views of the surroundings, and the same road will take you back to Mondoñedo. Another option for the return journey is connecting in the village of Supena (going down through it) by way of Maaríz (after crossing the bridge and turning left) with O Vilar (Nature Centre). You would then return to Mondoñedo directly along the road to Maaríz as far as Mondoñedo (North Route to Santiago).

### 2 FRAGA VELLA

Exit Mondoñedo along the CP-3106 road, following the signs that begin in the surroundings of the Church of Los Remedios. This road runs through small villages and a beautiful valley, leading into a singular setting of pines, meadows, riverside trees, bushes, large rocks and free-roaming cattle. Following the signs, you will come to Fraga Vella –where the aforementioned trekking route is– and from there you can return the same way or continue towards Tronceda, passing along the "Canal" (channel) and entering Mondoñedo at the Old Cemetery, via the villages of Seivane and Valiño.

### 3 MONTE PADORNELO AND CAMPO DO OSO

Exiting Mondoñedo via Avenida de Buenos Aires, you come to the LU-124 road towards Meira. After a 7-km ascent featuring beautiful views, you will reach the parish of Lindín. There, at the crossroads leading to the road to Santo Tomé (Lourenzá), turn left and after about 50 metres, turn left again to enter a road that will take you, after 3 km, to the summit of O Padornelo, with views of the coast on clear days. Continuing with the route, if you take the LU-124 road and then the LU-125 road towards Meira, you will come to the woodland area of Fraga de O Río Seco and the matchless scenic beauty of "Campo do Oso," where the traditional "rapa das bestas" (mane-shearing festival) takes place in June.

### 4 A FERVENZA

A beautiful spot made up of the River Tronceda, with a swimming zone, recreational area and "Os Carabullos" bridge. It is 3.5 km from Mondoñedo (10 minutes by car) along the LU-160 road, via the San Lázaro neighbourhood, from where it is signposted. There is a small car park.

### 5 MONASTERY OF OS PICOS – CASTRO DE ZOÑÁN

Exiting Mondoñedo along the CP-3104 road, which is accessed via Travesía de Carlos Folgueira, after 3 km you will reach the Monastery of Os Picos with its singular Way of the Cross. Continuing along the same road, after just over 1 km, you will see on the left the entrance to the pedestrian trail leading to Castro de Zoñán 500 metres away. This archaeological site features several well-preserved constructions in view, which date from the 1st to the 5th centuries AD. You can return to Mondoñedo by continuing straight ahead, going down the CP-3106 road to the town centre.





# Mondoñedo is A stopover for pilgrims

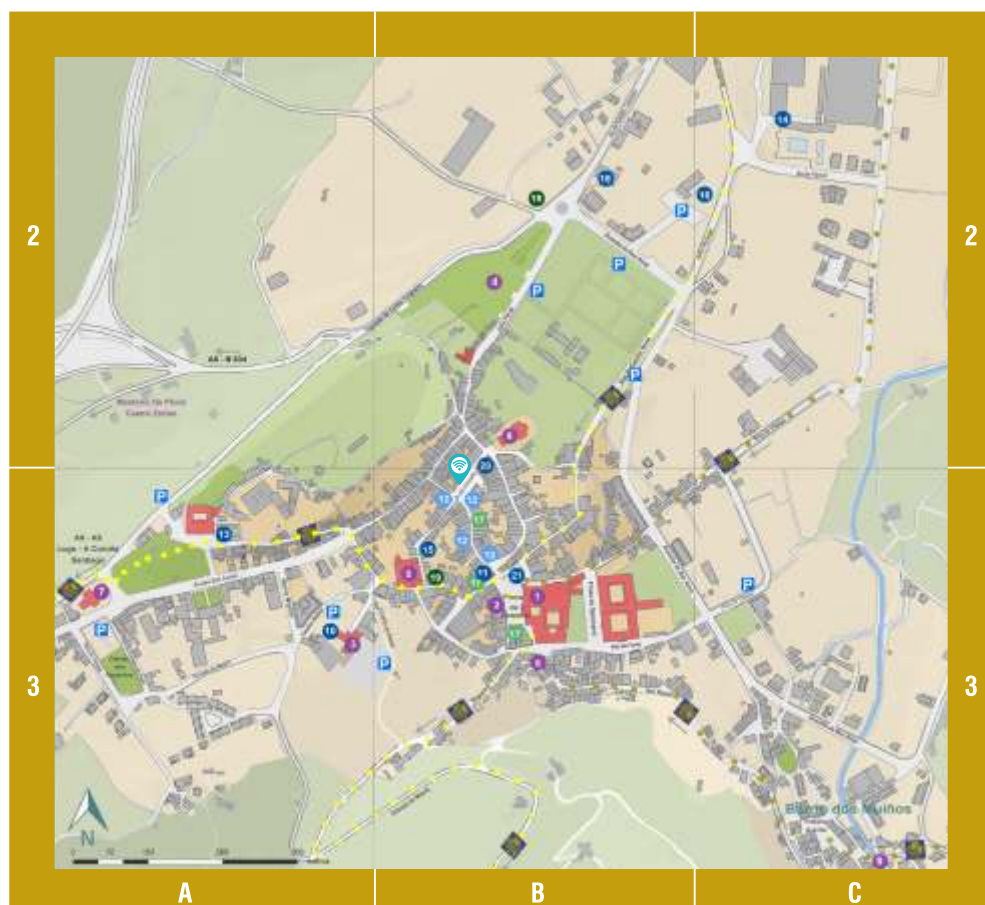


Northern Way to Santiago, declared World Heritage by UNESCO in 2015, is a scenic gem that enables walkers to enjoy a unique and motivating experience



The town of Mondoñedo, located 156 km from Santiago, receives walkers with the beautiful harmony of Plaza de la Catedral.

Due to its beautiful heritage, its ancient links with the "Camino," to its magic and history, Mondoñedo is a must for pilgrims, who will also find a varied range of services.



## REFERENCES

- 1 CATHEDRAL and Museum
- 2 CMAC. Álvaro Cunqueiro House Museum
- 3 Northern Way Interpretation Centre
- 4 Old Cemetery. Park
- 5 Convent of Las Concepcionistas
- 6 Old Fountain
- 7 Church of Los Remedios
- 8 Church of Santiago or "Nueva Iglesia"
- 9 "Pasatiempo" bridge
- 10 Public hostel for pilgrims
- 11 Public Library. Tourist Office (i)
- 12 ATMs
- 13 Health centre
- 14 Sports complex. Municipal swimming pools
- 15 Post Office
- 16 Bus station
- 17 Pharmacies
- 18 Petrol station
- 19 Launderettes
- 20 Municipal police
- 21 Taxi rank





# Mondoñedo is Meetings

Mondoñedo is encounters. The ideal place for holding small or medium-sized meetings due to the quality and variety of its venues and accommodation establishments, to its attractive natural and cultural resources



## 1.- "PASCUAL VEIGA" MUNICIPAL AUDITORIUM

Located in Plaza Jaime Cabot, in a building designed by the architect Manuel Gallego Jorroto, this spacious auditorium has a seating capacity of 250 and comfortable infrastructures for hosting shows and events. Contact: 982 524 003

## 2.- SEMINARY OF SANTA CATALINA

This stately building features several spaces for holding small and medium-sized meetings, including an auditorium with a seating capacity of 395. Contact: 982 521 000



## 3.- CASA DA XUVENTUDE

This beautiful mansion –formerly the "Sociedad de Obreros Católicos"– located in the town centre features a cosy auditorium for holding meetings and small shows, with a seating capacity of 95. Contact: 982 524 003

## 4.- PAZO SANTOMÉ

An 18th-century baroque "pazo" (ancestral home) that has been refurbished with an exhibition area and, on the ground floor, a versatile room for holding small events, meetings or training initiatives with a seating capacity of 60. Contact: 982 524 003



# Mondoñedo is Events

Due to its geographic location, in the "A Mariña Lucense" region, its excellent communications and resources, Mondoñedo is the ideal place for holding all type of leisure and sports events

...and a lot more





# Mondoñedo is Tradition

With a wide range of important festivals, three of which have been awarded "Festival of Galician Tourist Interest" status due to their special value and history: As San Lucas, Holy Week and the Medieval Market



## HOLY WEEK

Declared to be of Galician Tourist Interest in 2017.

Mondoñedo, making the most of its long ecclesiastical history, hosts one of the most outstanding Holy Week celebrations in Galicia. The old town and the cathedral are the main venues of the week's events, along with the emotional Way of the Cross that takes place in the surroundings of the Monastery of Los Picos and the "Prendimiento" (Arrest) Procession that begins in the Os Muíños neighbourhood and goes along Camino Real as far as the town. It is a deep-rooted festival dominated by emotions that is attracting more and more visitors.

## MEDIEVAL MARKET

For more than 25 years, Mondoñedo's matchless old town has hosted this medieval market, one of the most popular and colourful ones that was declared a Festival of Galician Tourist Interest in 2017. For three days (about the second Saturday in August), this summer festival, full of colour, music, aromas, tastes, sensations and tradition, is shared by thousands of visitors, who participate in medieval dress, and Mondoñedo's committed hosts.



## SAN LUCAS

Words cannot describe the emotion you feel as you watch the herds of galloping horses, with their hooves striking the stones of Mondoñedo's old streets on October 17, the eve of "San Lucas" (St. Luke's Day).

A unique spectacle that marks the beginning of Galicia's oldest festival, dating from 1156. A highly renowned, deep-rooted fair, an event that turns the city into the epicentre of an intensive festive programme centred on the main day, October 18.





## FESTIVAL OF "LOS REMEDIOS"

On the first Sunday after September 8, these festivities are held in honour of "Nuestra Señora de Los Remedios" (Our Lady of Remedies), patron saint of the town of Mondoñedo and the Mondoñedo-Ferrol diocese. On that day, Pontifical High Mass is said and the Offering of the diocese's former judicial districts is presented at the Sanctuary of "Los Remedios," while the Alameda (park) is turned into a fairground for a few days.



## CARNIVAL

After more than twenty years, Mondoñedo's Carnival Festival has become a must in the region, a festival full of colour whose parade fills the town's narrow streets with a talented and amusing spectacle. It is held in the month of February.



## AS QUENDAS

This traditional festival, which dates from the 16th century, is held around May 1. It promotes horsemeat and features an "empanada" (Galician pie) festival. A characteristic festival that combines its own tradition and contemporary cultural events, such as the "Mondoñedo Is Poetry" Festival, which fills every one of this old town's stones with literary magic.



## RAPA DAS BESTAS

In the morning of the last Sunday in June, in the matchless setting of Campo do Oso, the traditional "rapa das bestas" (mane-shearing) takes place, an ancestral event that pits man against the wild horses inhabiting the hills of the parishes of Santa María Mayor (Mondoñedo) and Santa María de Bretoña (A Pastoriza).

## CORPUS CHRISTI

During this Catholic feast that is celebrated sixty days after Easter, the stone of Mondoñedo's narrow streets is adorned with colours to honour the Holy Sacrament that is paraded around the city, decorated with banners and flowers for the occasion.



These are not the only celebrations held in Mondoñedo. In addition to the numerous saint's days that are commemorated in the different parishes, other events such as the "Os Muíños Crafts Fair" or the traditional market of "As Carmiñas" (late July), which features a Salad Festival, are becoming more and more popular in the municipal district.







# Mondoñedo is Gastronomy

Mondoñedo is tastes. Rich in bread, meat and garden produce with its own brand. This is a land of tradition and innovation, where “empanada” (Galician pie) and “tarta de Mondoñedo” (cake) are the star products.

## RESTAURANTS

**A TABERNA DE VALECO** 🧑🧑 64  
Muíños de Arriba. 982 521 861

**A VOLTÍÑA** 🧑🧑 50  
Grove. 619 916 341

**HORTA DE PAULA** 🧑🧑 55  
Afonso VII e Praza do Concello, no number.  
636 010 617

**MONTERO** 🧑🧑 122  
Avenida Eladio Lorenzo, 7. 982 521 751

**PADORNELO** 🧑🧑 230  
Avenida Bos Aires. 982 521 892

## BARS, CAFETERIAS SERVING MEALS

**A TASCA**  
Praciña de San Xoán. 637 735 053

**ABADÍA**  
Avenida San Lucas. 982 521 844

**AMENCER**  
Avenida Bos Aires. 982 507 412

**BODEGÓN A CATEDRAL**  
Rúa Afonso VII. 650 439 691

**CASTRO**  
Avenida San Lucas. 663 860 173

**CENTRO SOCIAL**  
Praza do Concello. 675 894 023

**O PORRIÑO**  
Rúa Progreso. 676 787 300

**O REI DAS TARTAS**  
N-634 road – km 586 in: Pedrido.  
637 833 009

**O RINCÓN**  
Rúa Bispo Sarmiento. 982 527 011

## OTHER TAPAS BARS

**A BODEGUÍÑA**  
Rúa Andrés Baamonde. 635 536 614

**EL PEREGRINO**  
Praza Catedral. 982 521 150

**HÉCTOR**  
Rúa Guevara. 982 507 445

**A COVA**  
Praza da Catedral. 610 341 316

**O NOVO BAR DA FONDE VELLA**  
Rúa Noriega Varela. 982 507 135

**O PASATEMPO**  
Rúa do Vicedo. 636 069 737

**TÁMESIS**  
Avenida Eladio Lorenzo. 982 507 413

**TROPICANA**  
Rúa Lodeiro Piñeiroa. 676 865 709

## CAKE SHOPS

**LA ALIANZA**  
Rúa Progreso. 982 521 100

**O REI DAS TARTAS**  
Praza Catedral. 982 521 178

**PASTELERÍA VAL DE BREA**  
Rúa Bispo Sarmiento. 982 521 014

## VENUE FOR EVENTS

**FINCA DE SAN ANTONIO**  
Avenida Bos Aires. 982 228 310



# ACCOMMODATION

## MONTERO HOTEL AND HOSTEL



**17 ROOMS**

40 38

Avenida Eladio Lorenzo, 7  
982 521 751

## CAMINO DE ESTRELLAS BOARDING HOUSE



**11 ROOMS**

26

Rúa Progreso, 28  
696 359 407

## BRACAMONTE BOARDING HOUSE



**10 ROOMS**

19

Rúa José María Pardo, 23  
629 165 342

## CENTRAL BOARDING HOUSE



**5 ROOMS**

11

Rúa Andrés Baamonde, 3  
676 479 600

## PADORNELO BOARDING HOUSE



**16 ROOMS**

55

Av. Bos Aires, 1  
982 521 892 / 661 265 094

## SEMINARIO SANTA CATALINA BOARDING HOUSE



**28 ROOMS**

56

Praza do Seminario, 1  
982 521 000

## TROPICANA BOARDING HOUSE



**8 ROOMS**

16

Rúa Lodeiro Piñeiroa, 8  
676 865 709

## A CASA DE MAÑAS



**6 ROOMS**

12

Calvela, 1. Vilamor (27752)  
619 916 341

## CASA DA PENELA



**8 ROOMS**

16

Chao do Val 1. Vilamor (27752)  
645 971 877

## FINCA EL REMANSO



**5 ROOMS**

9

Ferrería 11. Viloalle (27747)  
639 072 769

## CASA PEDROSA



PEDREGAS 3 romms / 6  
XARDÍN DE VILLAPOR 2 romms / 4  
PORTA DE BATITALES 3 romms / 7  
FERVENZA DA READIEIRA 2 romms / 4  
BOSQUE DA SILVA 3 romms / 6

Rúa Leiras Pulpeiro  
634 604 881

## A CASA DE MAÑAS



29

Praza Jaime Cabot  
982 507 040



# Discover A Mariña Lucense

This green region, with more than 100 km of coastline along the Cantabrian Sea, features valuable treasures from the past that are waiting, silently, to be discovered.

A natural paradise that will surprise you, dotted with small historical and modern towns, on the coast and inland. A space inhabited by music and words, the prolific cradle of artisans and artists. A place to relish travelling.

**Suggestions:** Mondoñedo's location beside the A-8 motorway makes it the ideal place for discovering the "A Mariña Lucense" region, as well as Lugo and the "A Terra Chá" region. There are numerous options thanks to the quantity and variety of nearby resources. The following suggestions are just one way of organising your visits with intensive sightseeing, which you can adapt according to how much time you have available.

## MONDOÑEDO - ALFOZ - VALADOURO - FOZ - MONDOÑEDO

Exit Mondoñedo via the San Lázaro neighbourhood, along the LU-160 road towards Ferreira do Valadouro. After the picturesque village of Adelán (Romanesque chapel) you will come to A Seara, capital of the Alfoz municipal district. Along this straight section you will come across turnoffs on the right leading to two outstanding sites of interest: **Castelo de Castro de Ouro** (medieval tower occupied by Marshal Pardo de Cela) and the **Water Museum at Finca Galea**. (From A Seara you can also access the trekking route leading to the 80-metre-high waterfall called Fervenza de Escouridal.)



Fortified tower occupied by Marshal Pardo de Cela, Alfoz

Continuing along the LU-160 road you will come to Ferreira, capital of the highly scenic Valadouro municipal district. From there you can access emblematic sites such as **Sierra de O Xistral** (towards Gontán), the dolmen and corral of Santo Tomé and the enigmatic Prado das Chantas. (From Ferreira you can continue along an inland road as far as the town of Viveiro.)

At the same roundabout providing access to Ferreira, you can take the LU-152 road leading to Foz. From there, you can take a turnoff leading to the



Basilica of San Martín de Mondoñedo, Foz

former medieval cathedral of **San Martín de Mondoñedo**, see of the original diocese of Mondoñedo and a real gem of Romanesque art. It features a recently opened Interpretation Centre. Opposite this monument, there is a truly charming space: **Espazo Caritel**, which links Daniel Caxigueiro's artistic work with a botanical garden made up of numerous species. From there you can access Foz, a lively town in the summer, featuring beautiful spots such as its **fishing port** and highly attractive **beaches** as well as the virtual Information Centre of A Mariña Lucense (CENIMA Building).

## MONDOÑEDO - LOURENZÁ - BARREIROS - RIBADEO - TRABADA - MONDOÑEDO

Exiting Mondoñedo to the north, towards Ribadeo, you will reach (without going up to the dual carriageway) the village of Vilanova de Lourrenzá with the **Monastery of San Salvador**, featuring a baroque façade, designed by the architect Casas y Novoa. Inside there is an interesting museum with one of the largest reliquaries in Galicia and the paleo-Christian tomb of Count "Saint" Osorio Gutiérrez. The restored **Fort of Tovar** is 5 km away along the LU-122 road.

Continuing northwards along the N-634 road you will come to the municipal district of Barreiros, where you can visit the **Fervenza de Santo Estevo do Ermo** waterfall, which can be accessed via a turnoff in the village of San Cosme; from there you can also access a secondary road leading to this municipal district's beautiful and spacious **beaches**. This same road takes you to the famous **Beach of Las Catedrales** –you must book in advance to visit it during the high season. (This beach can also be accessed via the N-634 road or the A-8 motorway.)

Continuing eastwards, you will come across the turnoff to **Rinlo** (a small, picturesque coastal village) and, a little further on, **Ribadeo**, a town full of cultural, shopping and leisure activities, with



Monastery of San Salvador, Vilanova de Lourrenzá



Aerial view of beaches, Barreiros





Beach of Las Catedrales, Ribadeo

interesting views of the "ría" or estuary (**port, Fort of San Damián, Loading Bay**) and the colonial style present in its **old town**.

On the way back, you can border the "ría" or estuary to the south along the N-642 road, thereafter connecting with the LU-132 road leading to **Trabada** and then Mondoñedo via Lourenzá, to enjoy the great beauty of this municipal district's inland landscape, featuring a variety of trekking routes heading into the native forest.

### MONDOÑEDO - BURELA - CERVO - XOVE - VIVEIRO - O VICEDO

Exiting Mondoñedo northwards via the N-634 road or A-8 motorway, you can connect with the N-642 road leading to **Burela**, a service town featuring one of the Bay of Biscay's most important ports, where you can visit the "**Virxe do Carme**" **Boat Museum**. It also features renowned **archaeological sites** and beautiful views from the **Monte Castelo** viewpoint. Continuing eastwards –in the municipal district of Cervo– you have the **Sargadelos complex**, featuring the present-day museum, historical museum and a beautiful trail known as the "Paseo de los Enamorados" (Lovers' Walk). Towards the coast, further on, you will find the turnoff to **San Cibrao**, a small fishing town located on a peninsula housing the **Provincial Sea Museum**.

Continuing on, you will pass by Xove with beautiful spots such as the not-to-be-missed **Roncadoiro Lighthouse** or **Portiño de Morás**,



"Reina del Carmen" Boat Museum, Burela



Beach of Esteiro, Xove



"Fucino do Porco," O Vicedo

before reaching **Viveiro**, a historic town and tourist destination that should not be overlooked, featuring the remains of the old city wall (Carlos V Gate) and interesting medieval churches, as well as outstanding natural surroundings featuring emblematic sites such as the **Eucalyptal de Chavín** (eucalyptus forest).

Continuing westwards, you will come to the last Lugo municipality belonging to the "A Mariña" region: **O Vicedo**. In recent years, thanks to "**Fucino do Porco**" Point, this municipality has become better known, with its exquisite beaches and matchless scenery.

Heading south from Viveiro, you can access the municipal district of **Ourol**, featuring outstanding colonial-style heritage, especially the **Cemetery of Xerdíz**.

### MONDOÑEDO - A PONTENOVA - RIOTORTO - MEIRA - LUGO - VILALBA - MONDOÑEDO

From Mondoñedo, you can head inland via the LU-124 as far as **A Pontenova**, in the surroundings of the **River Eo**, featuring great fishing possibilities in

You can find more information about the "A Mariña Lucense" destination on its official website:

[www.amarinalucense.gal](http://www.amarinalucense.gal)

MAP:



this area. In the village, you can contemplate the five **Blast Furnaces**, which reflect the region's important industrial past, marking the landscape with features such as the **Consuelo Mine** or the **Green Trail**. (Another option is turning off the LU-124 road along the LU-P-5501 road to reach Meira by way of the **Riotorto** area of "ferreiros" (smiths), featuring workshops that can be visited and the ethnographic ensemble of **Ferreiravella**.)

Heading south from A Pontenova, about 20 km away, we can connect with **Meira** and its beautiful **Romanesque church at the Monastery of Santa María**. The source of the River Miño, called **Pedregal de Irimia**, is located nearby. Continuing on the way to Lugo, you must visit the Iron Age settlement called **Castro de Viladonga** (12 minutes from Meira), with its interesting Interpretation Centre and well-preserved heritage. The city of Lugo, the provincial capital, is not far away. Its unique, 2-km-long **Roman wall** (a UNESCO World Heritage Site), its old town featuring the beautiful **Cathedral of Santa María**, and the quality and variety of services, among which its gastronomy stands out, make it a must-see destination during any trip to Galicia.



Views of the cathedral from the top of the Roman Wall, Lugo

On the way back to Mondoñedo, you can visit **Vilalba**, the heart of the "Terra Chá" region, to explore this town renowned for its **Tower of Los Condes de Andrade** (Spanish "Parador" Hotel) and highly scenic surroundings, which were declared a Biosphere Reserve by UNESCO called "Terras do Miño."





# Turismo

Mondoñedo

