



Human Landscape and Rural Life Audio Guide

Ancient crafts and ways of life, born of human adaptation to this land of endless mountains, define Deza-Tabeirós-Montes. Here, craftsmanship and technical knowledge have the same foundation: caring for nature and passing on know-how.

In Merza, Vila de Cruces, you can enjoy a unique experience with a National Craft Award winner. This is a visit to Elena Ferro's workshop, where she is reinventing the clogs that her ancestors sold at the fairs of Deza and Monterroso. If you are looking for relaxation and tranquillity, you can find it at the Baños da Brea Spa.

In Callobre and Pardemarín, in the municipality of A Estrada, the third generation of the Villamayor family continues to produce cider from native apples from old rootstocks, such as the rabiosa variety. The well-tended orchards and traditional cider press are a must-see in spring when the trees are in bloom and in autumn when the harvest takes place. Nearby, in Berres, the legacy of woodturners and basket weavers is kept alive by the seventh generation of Obradoiro Atalanta, where wood is turned into art. If you make your way to Sabucedo, you will see wild horses roaming the surrounding hills, while the local community tends to the herds and decorates the village for the first weekend of July. That's when the ancestral ritual of the Rapa das Bestas takes place — a festival recognised as being of international tourist interest.

Escuadro in Silleda is the epitome of the region's agricultural and livestock landscape. The Romanesque parish church and the 17th-century Pazo de Cascaxide coexist with centuries-old oak groves, extensive grazing areas and long working days from sunrise to sunset, revealing a land that has been alive for centuries.

An active rural life that invites you to step back in time. In Zobra, Lalín, farm work was combined with mining activity. There, the centuries-old alvarizas (traditional stone beehive enclosures) of the Serra do Candán mountain range continue to produce artisan honey today, and we can discover the life of this tradition-rich place through the historical routes of the mills and the old mining paths around the village of A Trigueira.



In the village of A Graña de Tras do Monte in Forcarei, traditional architecture and dry-stone walls guide us through centuries-old forests to the alvariza and the former hydroelectric plant at the foot of the waterfall. And finally, in Ramil, the royal road leads you (from Eira da Xoana to Agolada) through extensive meadows, old farm buildings, granaries and stone walls to the famous medieval pendellos, which bear witness to the commercial past of this town. Three evocative experiences of how people once inhabited a land that was both harsh and fascinating.

You are in a land that works and celebrates. Here you will find vegetable gardens, pastures, cornfields and chestnut, apple and olive groves alongside bandstands, church forecourts and oak groves where local people gather for celebrations, pilgrimages and rituals that accompany everyday life in this magical land.