



Nature and Landscapes Audio Guide

In this region, natural and cultural heritage stand side by side in terms of grandeur and authenticity. From Monte Faro in Rodeiro to Monte Seixo known as the “magical mountain” in Forcarei, you can explore unique natural spaces.

Along their trails, the Catasós forest in Lalín and the Sobreirais do Arnego in Agolada reveal the majesty of centuries-old species unique in Galicia.

O Faro and O Farelo, which separate Rodeiro and Agolada from the province of Lugo, offer outstanding viewpoints over a beautiful transitional landscape towards the River Ulla, where the local tributaries of the Arnego, Deza and Liñares rivers flow. A tranquil river that can be enjoyed in the recreational areas of A Carixa in Vila de Cruces, Couso in A Estrada or Cira in Silleda.

In the centre of the region, our journey now takes you to the Serra do Candán mountain range, where geology, wild nature and ethnography coexist in this Natura 2000 protected area. From Bustelos, in Lalín, or from Fixó de Millerada, in Forcarei, you can reach the summit of Alto do Coco to enjoy views of the Pontevedra estuary and all four Galician provinces. You can also descend into the Grovas valley, hiking through a village abandoned in the 1960s, or can venture along old paths that take you past mills, pontellas (small bridges), alvarizas (traditional stone beehive enclosures), mámoas (prehistoric burial mounds) and portelos, typical elements of the local rural heritage. If you would like to learn more about its history and its links to the monasteries of the region, we recommend listening to the audioguide on historical and monumental heritage.

The high peaks of Seixo, Costoia, Coco and Pena de Francia are ideal for mountain tourism and also boast a rich biodiversity, including protected bird species such as the hen harrier and the lesser spotted woodpecker, and large expanses of heather, carqueixas (local broom shrubs) and gorse that form a living blanket of colour and light in spring.

On Monte Seixo in Forcarei and in the Montes da Serra and Peón mountains in Sabucedo, wild horses are the guardians of the mythical Terra de Montes.



You are in a land of waterfalls, where winding streams create unique landscapes during the rainy months. With waterfalls where the water is magical, such as Rego de Insuela in Codeseda; Toiriz in Vila de Cruces; or A Graña de Tras do Monte in Forcarei, rising over 15 metres beside an old power station. And next to them, the queen of the Rías Baixas waterfalls: Toxa in Silleda, 30 metres high and immersed in a beautiful native forest.

In Brañas de Xestoso (on the borders of Forcarei, Silleda and A Estrada) you will find one of Galicia's most important peat bogs, a place of interest for birdwatching and rural history. A Lagoa, as it is known by the local population, has more than 1,000 hectares of extraordinary and fragile habitat dating back to prehistoric times. Its dry-stone walls hold legends of Moorish battles, its waters are the best example of acidic sphagnum peat bogs in Galicia, and if you look up at the sky you can see blackcaps, yellowhammers and, on occasion, the booted eagle.

Before you lies a map of biodiversity waiting to be discovered. The rivers and mountains mark out different routes to take you to the same destination: the green heart of Galicia.