

galicia

Natural Parks of Galicia  
Monte Aloia

*Experiences  
in the midst  
of nature*

# The oldest natural park in Galicia

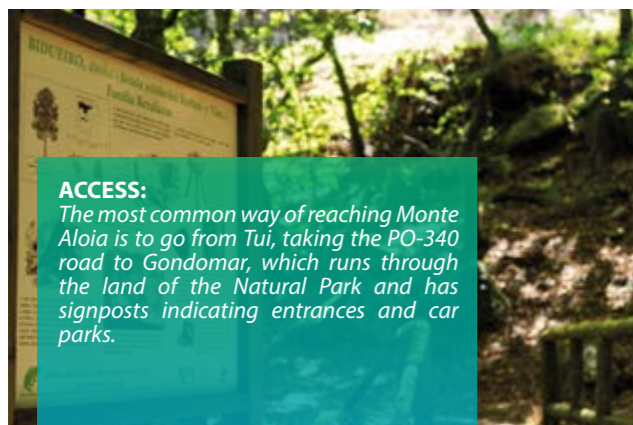


## THE IMAGINED MOUNTAIN

Declared a Natural Park in 1979, the first in Galicia, Monte Aloia's stand-out feature is its 629 m Alto de San Xiao peak. Forestry engineer Rafael Areses transformed this landscape a hundred years ago with an exotic reforestation that included autochthonous vegetation as well as other species, such as cypress, spruce and Lebanon cedar. We recommend a visit to the Casa Forestal (Forest House), an attractive building that houses the Visitor Reception Centre.

Mount Aloia is home to pre-historic and Roman remains and its history is shrouded in legend, such as the one affirming it as being the mythical Mount Medulio, scene of the collective suicide of Celtic tribes in order to avoid falling into the hands of the Roman invaders.

Following tradition, at the end of January a popular pilgrimage takes place from Tui up to the San Xiao chapel.



### ACCESSES:

The most common way of reaching Monte Aloia is to go from Tui, taking the PO-340 road to Gondomar, which runs through the land of the Natural Park and has signposts indicating entrances and car parks.



FIND OUT MORE ABOUT THE PARK AND  
PROPOSED EXPERIENCES AT:

**Nature Interpretation Centre**  
**Casa Forestal Ingeniero Areses**  
Frínxo, 37. Pazos de Reis 36715. Tui  
T. 886 120 650

Discover the landscape of the Baixo Miño as far as the Cíes Islands from above.

Discover the pleasure of losing yourself all the while knowing exactly where you are going.



## THE BEST VIEWS





Don't forget to bring along your binoculars. Mount Aloia's six vantage points do not disappoint on a clear day. You can enjoy the spectacular views of the Miño and Louro valleys, the River Miño estuary, Mount Santa Tegra and the Cíes Islands.

The design of several of the vantage points is eye-catching, as stone railing imitating tree trunks to blend in with the environment has been put in place.



## HIKING ON MOUNT ALOIA

The trails here are very easy for walkers. The Muíños do Tripes trail is made up of walkways and wooden bridges taking us by an ensemble of restored mills. The Rego da Pedra route can be started at the Forest House itself or in the village of Frinxo, taking us along an old stone waterway built to carry water to the crops.

				
Senda das Udencias	LOW	600 m	30 min	LINEAR
Botanic Trail	LOW	400 m	30 min	LINEAR
Rego de Pedra	MEDIUM	2,4 Km	1,30 h	CIRCULAR
Muíños do Tripes	LOW/MEDIUM	2,5 Km	1,30 h	CIRCULAR
Muíños de Paredes - Muíños do Deique	MEDIUM/HIGH	6,5 Km	3,30 h	LINEAR
Castro Alto dos Cubos	LOW	4,5 Km	2 h	CIRCULAR
Cabana-Cabaciña	LOW/MEDIUM	2 Km	1 h	CIRCULAR
A Muralla	MEDIUM	2,5 Km	2 h	CIRCULAR



*Embark on a trip across the shared territory of  
Mounts Aloia and Santa Tegra, the Atlantic Ocean  
and the River Miño.*

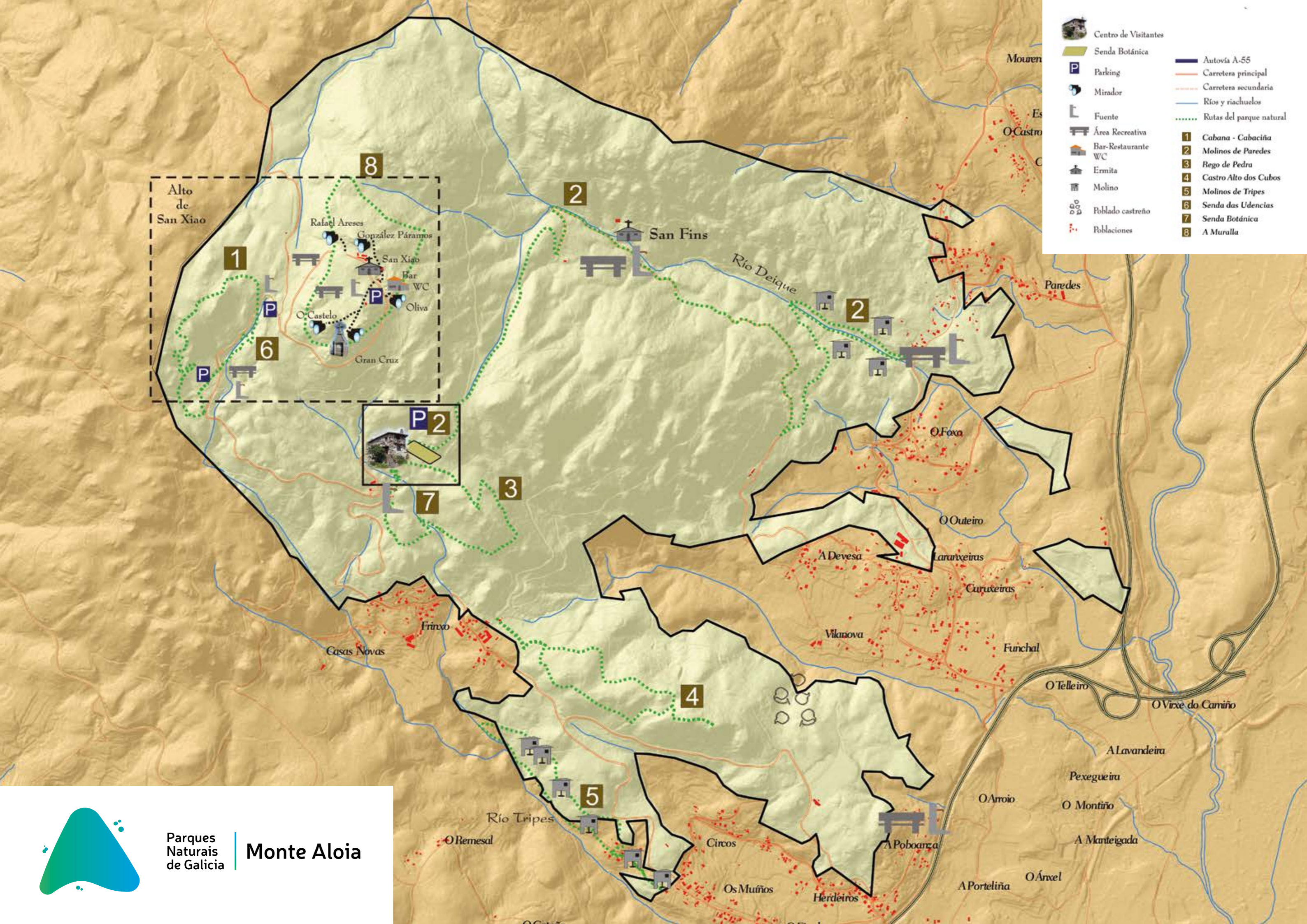


## BAIXO MIÑO ROUTE

We suggest a 3-day route whose final aim is to get to know the Park and take in a view of the land you have crossed from the highest part of the trail followed to reach this point. You can drive part of the route in combination with short walks. On the first day, we visit Baiona and Oia and end the day in A Guarda, on Mount Santa Trega.

On the second day, we head for O Rosal, headquarters of several D.O. Rías Baixas wineries, and visit the towns of Goián and Tomiño. The last day is set aside for visiting the historic city of Tui and Mount Aloia Natural Park.





- |  |                      |  |                          |
|--|----------------------|--|--------------------------|
|  | Centro de Visitantes |  | Autovía A-55             |
|  | Senda Botánica       |  | Carretera principal      |
|  | Parking              |  | Carretera secundaria     |
|  | Mirador              |  | Ríos y riachuelos        |
|  | Fuente               |  | Rutas del parque natural |
|  | Área Recreativa      |  | 1 Cabana - Cabaciña      |
|  | Bar-Restaurante      |  | 2 Molinos de Paredes     |
|  | WC                   |  | 3 Rego de Pedra          |
|  | Ermita               |  | 4 Castro Alto dos Cubos  |
|  | Molino               |  | 5 Molinos de Tripes      |
|  | Poblado castreño     |  | 6 Senda das Udencias     |
|  | Poblaciones          |  | 7 Senda Botánica         |
|  |                      |  | 8 A Muralla              |



Parques Naturais de Galicia | **Monte Aloia**

# Tourist packages

## 2-DAY PROGRAMMES IN ALOIA Aloia on horseback



Horseback riding route.  
Overnight stay in O Rozo country house.

*The perfect companion for discovering Mount Aloia.* We suggest a horseback riding route, organised by Equigalia Centro Equestre, enabling us to enjoy the natural landscape and introducing us to the equine world. An activity recommended for anyone who wants to learn about the world of horse riding. Suitable for all the family.

O Rozo country house dates back to the year 1800. It is now completely refurbished and preserves features common in Galician country houses.

**DINNER + 1 NIGHT ACCOMMODATION + BREAKFAST + HORSEBACK RIDING ROUTE.**

**Price from 113€/person.**

*Check tourist package terms and conditions.*



## Welcome to the authenticity of Monte Aloia

**Sherpa Project**, a specialist tourism consultancy, has chosen some of the best experiences to make your journey unforgettable. Through **Viajes Tambre - Aventuras en Galicia**, you can book the programmes we offer.

Make yourself the focal point of your tourism experience or look for more information on other tourism services in contact with nature on the Turismo de Galicia web site.

### General conditions for tourist packages:

- \* The prices indicated are per person in a double room with dinner and breakfast and VAT is included in all services.
- \* Offer subject to availability and the season of the year.
- \* Some activities might require a minimum number of participants.

### Further information and bookings:

info@aventurasengalicia.com · T. 981 561 785

## 2-DAY PROGRAMMES IN ALOIA

# On the crest of O Galiñeiro



 Climbing high.  
Overnight stay in Lonquexa do Gañán.

*If climbing is your passion, you will not be able to resist the challenge of climbing to the top of O Galiñeiro.*

Its granite crest 700 m above sea level attracts dozens of experienced hikers who share the feeling of conquering one of the Galicia's most well-known climbs with mere enthusiasts.

Accompanied by an expert guide, we are in extremely safe hands at all times, free to enjoy the feeling of climbing high.

Having reached the top, our descent takes us along a signposted 8.9 km stretch of the PRG-2 which links O Galiñeiro and Mount Aloia, allowing us to visit some of its main attractions.

**DINNER + 1 NIGHT ACCOMMODATION + BREAKFAST + CLIMB.**

**Price from 105€/person.**

*Check tourist package terms and conditions.*



## 2-DAY PROGRAMMES IN ALOIA

# Trip along the River Miño



 Paddle boarding on the River Miño.  
Overnight stay in O Rozo country house.

*Have you ever experienced what paddle boarding is like?*

This route includes all the necessary equipment: board, paddle, life jacket and wetsuit if required. From Areiros beach in Guillarei, we descend the River Miño towards Tui, cross beneath the two bridges that separate Galicia from Portugal and continue to our destination in Amorín.

That evening, during our stay at O Rozo country house, we plan our visit to Mount Aloia Natural Park. An expert guide will accompany us along some of the trails to visit its most representative places.

**DINNER + 1 NIGHT ACCOMMODATION + BREAKFAST + PADDLE BOARD TRIP.**

**Price from 100€/person.**

*Check tourist package terms and conditions.*





# Do not miss

A selection of four highly recommended visits which will not leave you indifferent and which embody the essence of Mount Aloia Natural Park.

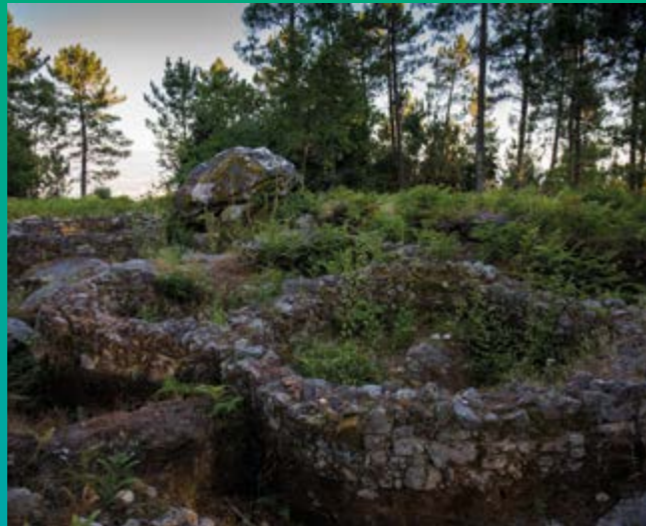
## Stone Cross

Climb to the top of San Xiao to take in the spectacular view of the River Miño and see the cross built in 1900 to celebrate the new century.



## Castro Alto dos Cubos

Visit the archaeological remains of this Pre-Roman settlement during a 4.5 km route beginning in the village of Frinxo.



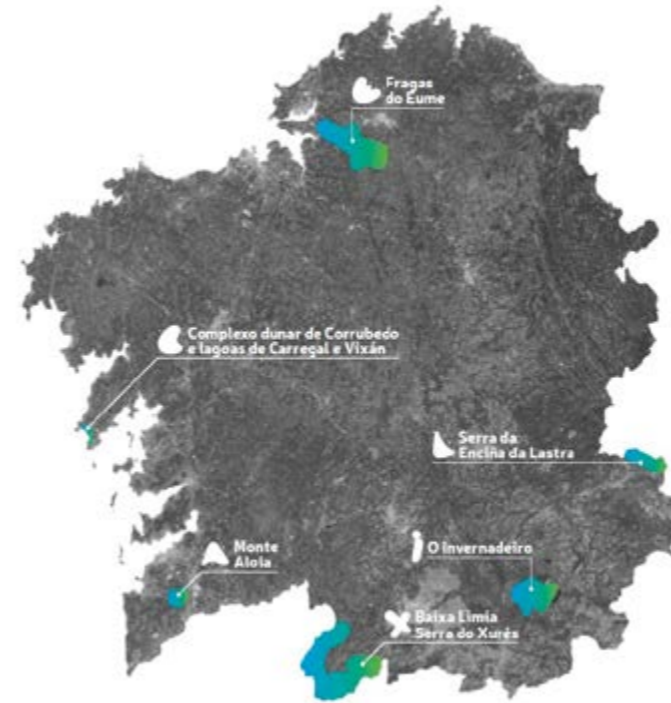
## Botanic Trail

A short route close to the Forest House with information panels explaining the plant diversity and identifying the species in the area through games.



## The Engineer Ramón Areses' Forest House

An original building dating back to 1921, it is home to a permanent exhibition and detailed information on the Park.



# Obtain the Natural Parks of Galicia passport

Find out about the advantages it offers and follow us at: [#GaliciaNaturaleÚnica](#)



### Parques Naturais de Galicia | Serra da Enciña da Lastra

The holm oak, a tree typical of Mediterranean climates, and its 25 different species of orchid have made this Park exceptional within the Galician landscape. It is well known to speleology lovers, given the number of caves known here as 'palas'.



### Parques Naturais de Galicia | Fragas do Eume

The best-preserved Atlantic coastal forest in Europe. The River Eume and the Caaveiro and Monfero monasteries are its main attractions. A magical forest which hides more than 20 species of fern and 200 species of lichens on its humid riverbanks.



### Parques Naturais de Galicia | Baixa Limia Serra do Xurés

Galicia's largest Natural Park, which also forms part of the border with Portugal. Rugged granite mountains and magnificent stone boulders make it different from other protected areas. It also has many megalithic monuments and bears witness to the passage of the Roman legions along the XVIII road, also known as Via Nova.



### Parques Naturais de Galicia | Complexo dunar de Corrubedo e lagoas de Carregal e Vixán

North-western Spain's largest mobile dune, more than 1 km long, 250 m wide and 20 m high. Vixán freshwater lake and Carregal saltwater lake, which merges with the sea, are of special interest.



### Parques Naturais de Galicia | O Invernadeiro

A natural area with no human settlements in the immediate surroundings. Nature in its wildest state represented by the wolf, which lives alongside its main prey, such as roe deer and boars. Its rounded peaks share a space with a surprising glacial cirque and spectacular waterfalls.

## RECOMMENDATIONS

- Vehicles should be left in authorised car parks.
- Picking flowers and plants is forbidden. It endangers unique species.
- Before setting off on a trail, check the level of difficulty and the time required.
- Many of the Natural Parks organise free guided interpretation tours. Please call beforehand.
- Only use the authorised paths.
- Unauthorised camping and overnight caravan parking is forbidden.
- Treat waste responsibly. If there are no bins, take your waste with you until you find one.
- Swimming in unauthorised areas is forbidden.

Free apps:  

Sendegal  
Parques naturais  
Birding galicia

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Seprona 062  
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[www.turismo.gal](http://www.turismo.gal)



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Parques  
Naturais de Galicia



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## Turismo de Galicia



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