

galicia

Natural Parks of Galicia
Baixa Limia - Serra do Xurés

*Experiences
in the midst
of nature*

Granite border landscape



NATURE RESERVES

The Baixa Limia-Serra do Xurés Natural Park and the Peneda-Gerês National Park are joined at the border between Portugal and Galicia, forming a unique 267,958 ha cross-border area, formally declared Transboundary Biosphere Reserve Gerês-Xurés in 2009.

We find ourselves in a territory which combines rugged mountain ranges with softer landscapes; where thick woodland contrasts with granite mountain landscapes; where boulders form unique shapes and water is ever-present in the

form of rivers, pools, natural waterfalls and even reservoirs, where visitors can row on tranquil waters in the heart of O Xurés.

Here we can discover one of the greatest attractions the Park has to offer: its huge variety of flora, with more than 807 species, 117 of which are endemic, such as the Xurés iris. It is also home to a huge diversity of fauna, with around 150 species of birds and unique species such as the autochthonous cattle breed known as the *cachena* cow.

ACCESS:

The most common way of reaching the Natural Park is via the OU-540 road, which goes from Ourense to the Park itself, passing through boroughs such as Lobios or Muíños. Another option is to take the A-52 and turn off at Xinzo de Limia, continuing on towards the abovementioned boroughs.





**FIND OUT MORE ABOUT THE PARK AND
PROPOSED EXPERIENCES AT:**

Interpretation Centre of the Natural Park
Carretera de Portugal, 34. 32870 Lobios
T. 988 788 755

Aquae Querquennae - Via Nova Interpretation Centre
Porto Quintela. 32840 Bande
T. 988 444 401

A journey through the history of O Xurés.



ARCHAEOLOGICAL HERITAGE

We find ourselves in a privileged location in which to find remnants of our ancestors. One of the most important concentrations of burial mounds, or mamoas, in Europe is to be found here in the O Laboreiro mountain range, and it is well worth visiting the Maus de Salas and Val do Salas dolmens.

During the Romanisation period, the Via Nova was built on these lands, linking Braga and Astorga and creating the establishment of civil buildings such as the Aquis

Querquennis military camp, in Bande, or the Roman villa which acted as wayside lodgings and a thermal spa, Aquis Originis, near the Riocaldo thermal springs in Lobios. Another unmissable visit is to the 7th Century Visigothic Santa Comba Church in Bande, the only building that remains of an ancient monastery.

The village of Cela, in Lobios, with its buildings on granite boulders, and As Cortes da Carballeira, in Entrimo, are two examples of popular architecture well worth visiting.



We have to go back in time to the 1st Century A.D., the era of the Flavia dynasty, in order to discover one of the best preserved Roman roads, also boasting the most milestones in Europe.



VIA NOVA NATURAL ROAD



The Via Nova, converted today into a trail that forms a part of the Camino Naturales State programme, can be followed on foot, by bicycle or on horseback. Also known as the Via XVIII of the Antoninus Itinerarium, it was built to link the towns of Bracara Augusta (Braga-Portugal) and Asturica Augusta (Astorga).

The first stage, almost 30 km, links Portela do Home, on the border with Portugal, and Santa Comba, in Bande. Along the route there are many places of interest to visit, such as the spa in Lobios and the remains of the old Aquis Originis mansio. Recently, a second stage, linking Santa Comba, in Bande, and A Sainza de Abaixo, in Rairiz de Veiga, has been signposted.



Mountain bike routes for the most expert riders and for those who want to enjoy a simple bike ride.



SERRA DO XURÉS MTB CENTER

A mountain cycling route with nine different levels of difficulty, allowing us to discover the wealth of its natural heritage along 225 km of signposted tracks. There are information services, changing rooms and showers, equipment rental, bicycle washing services and accommodation.

The Parque Forestal Outeiro da Cela and the Megalítica routes, the latter beginning at As Maus de Salas, are two easy routes to be enjoyed by the whole family.



Expert cyclists climb the peaks of Fontefría and pass through unique villages such as A Cela, Prado de Limia, Requiás or Guntumil.

- R1. **Parque Forestal Outeiro da Cela** 5,7 km.
- R2. **Travesía do Xurés** 25,5 km.
- R3. **Megalítica** 12,7 km.
- R4. **Picos de Fontefría** 32,4 km.
- R5. **Serra do Pisco** 27,9 km.
- R6. **Vía Nova** 29,4 km.
- R7. **Circular de Lobios** 27,4 km.
- R8. **Minas das Sombras** 40,2 km.
- R9. **Alto de Santa Eufemia** 24,4 km.

RECEPTION POINTS:

COMPLEJO TURÍSTICO-DEPORTIVO O CORGO
Outeiro da Cela s/n Mugueimes. 32880 Muíños
T. 988 456 403 • 609 744 255 • 679 971 377

CENTRO DE MONTAÑA AVIVA
Calle Tulla 59. As Maus de Salas. 32880 Muíños.
T. 607 477 375 • 634 910 503

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



HIKING ALONG THE O XURÉS

For those who love to don a pair of mountain boots and go in search of new places, O Xurés is the perfect destination for walkers, with signposted trails leading to the Park's most representative natural resources.

From the Spa in Lobios, you can join the Corga da Fecha Route and discover one of the highest waterfalls in Galicia, whose waters flow into the River Caldo.

If you want to take an overall view of the Park's most outstanding natural resources home with you, then you can

head from the village of A Cela towards Pitões, on the border with Portugal, enjoying one of the most demanding yet spectacular routes that exist.



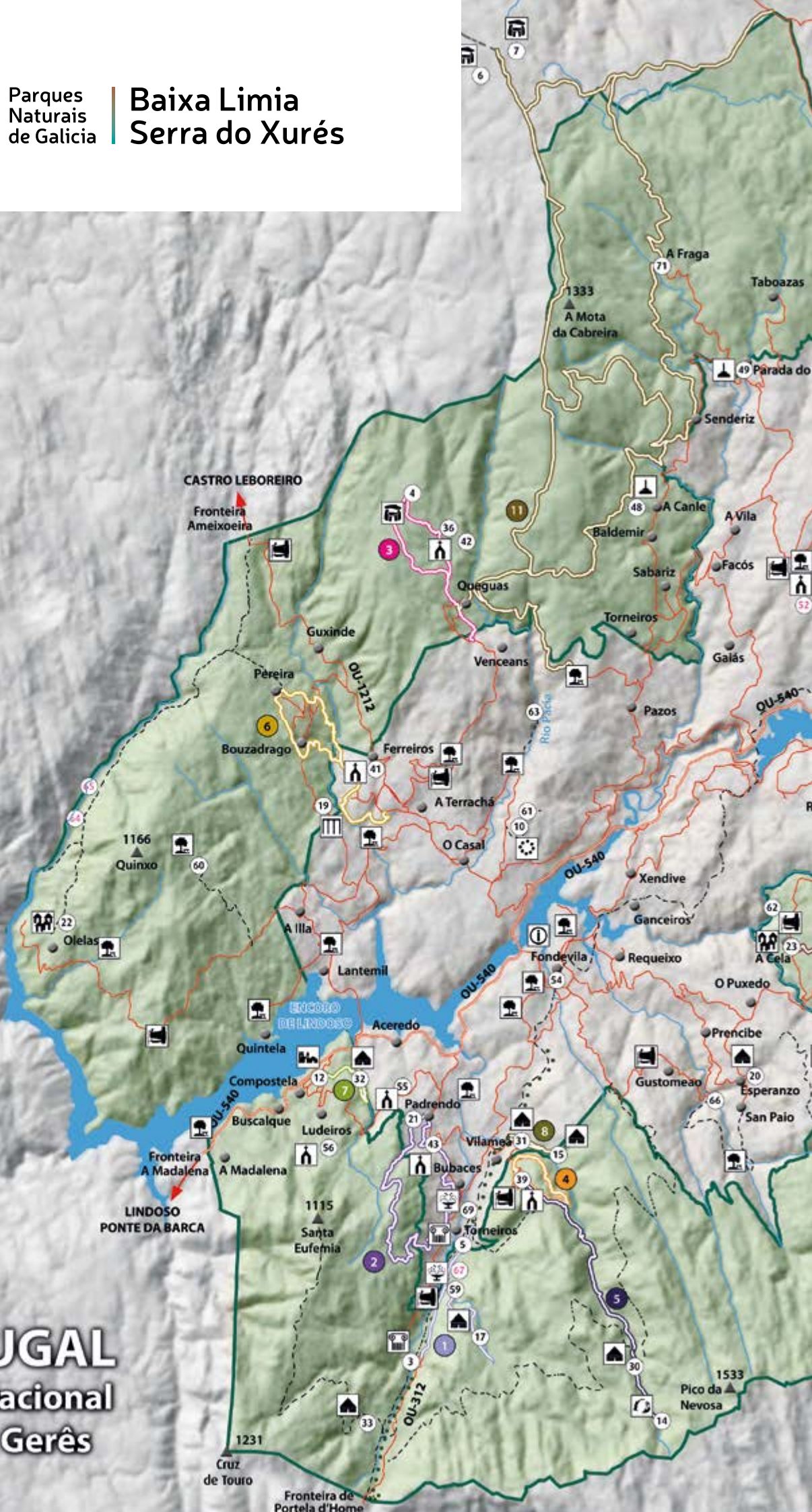
Ruta da Corga da Fecha	HIGH	3,6 km	3 h	LINEAR
Ruta de Padrendo	MEDIUM/ HIGH	11 km	4 h	CIRCULAR
Ruta de Queguas	MEDIUM	8,5 km	3 h	CIRCULAR
Ruta da Ermita do Xurés	MEDIUM	4 km	2,30 h	CIRCULAR
Ruta Minas das Sombras	HIGH	14 km	8 h	LINEAR
Ruta do Río Agro	MEDIUM/ HIGH	16,5 km	4-5 h	CIRCULAR
Ruta do Río Mao	BAJA/ MEDIUM	3,4 km	2 h	CIRCULAR
Ruta do Río Vilameá	BAJA/ MEDIUM	1,7 km	45 min	CIRCULAR
Ruta Torrente-Salgueiro	MEDIUM/ HIGH	22 km	12 h	LINEAR
Ruta A Cela-Pitões	HIGH	28 km	10 h	LINEAR
Viveiro das Mámoas	MEDIUM	49 km	22 h	CIRCULAR



Parques
Naturais
de Galicia

Baixa Limia Serra do Xurés

PORTUGAL
Parque Nacional
Peneda Gerês



PUNTOS SINGULARES

- 1.- Casola do Foxo (Dolmen) *Arqueoloxía*
- 2.- Casiña da Moura (Dolmen) *Arqueoloxía*
- 3.- Restos romanos *Arqueoloxía*
- 4.- Casa da Moura *Arqueoloxía*
- 5.- Aquis Originis *Arqueoloxía*
- 6.- Mota Grande (Portugal) *Arqueoloxía*
- 7.- Mota Grande *Arqueoloxía*
- 8.- Petroglifo *Arqueoloxía*
- 9.- Castro da Coroa *Arqueoloxía*
- 10.- Castro dos Castrelos *Arqueoloxía*
- 11.- Aquis Querquennis *Arqueoloxía*
- 12.- Escusalla *Arquitectura popular*
- 13.- Salgueiro *Arquitectura popular*
- 14.- Mina das Sombras *Arquitectura popular*
- 15.- Alvariza *Arquitectura popular*
- 16.- Casa Xuiz *Arquitectura popular*
- 17.- Cabaniña do Curro *Arquitectura popular*
- 18.- Forno Randín *Arquitectura popular*
- 19.- Ponte de Covas *Arquitectura popular*
- 20.- Eira de Esperanzo *Arquitectura popular*
- 21.- Conxunto de hórreos de Padrendo *Arq. popular*
- 22.- Olelas *Arquitectura popular*
- 23.- A Cela *Arquitectura popular*
- 24.- Xermeade *Arquitectura popular*
- 25.- Randín *Arquitectura popular*
- 26.- Corbelle *Arquitectura popular*
- 27.- Foxo Lobo Monte Grande *Arquitectura popular*
- 28.- Foxo de Lobo de Guende *Arquitectura popular*
- 29.- Alvariza *Arquitectura popular*
- 30.- Chivana do Chan da Vella *Arquitectura popular*
- 31.- Muíños do río Vilameá *Arquitectura popular*
- 32.- Muíños do río Mao *Arquitectura popular*
- 33.- Chivana Santa Eufemia *Arquitectura popular*
- 34.- Pontón de Prado *Arquitectura popular*
- 35.- Pontón de Xermeade *Arquitectura popular*

- 36.- As Cortes da Carballeira *Arquitectura popular*
- 37.- Igrexa Visigótica de Santa Comba *Arquit.relixiosa*
- 38.- A Clamadreira *Arquitectura relixiosa*
- 39.- Ermida do Xurés *Arquitectura relixiosa*
- 40.- Ermida da Aparecida *Arquitectura relixiosa*
- 41.- A Sobreira (Iglesia) *Arquitectura relixiosa*
- 42.- Santa Nuestra Señora de la Ascensión *Arq. relixiosa*
- 43.- Santa María do Val de Ríocaldo *Arq. relixiosa*
- 44.- Ermida do Castro *Arquitectura relixiosa*
- 45.- Cruceiro de Vilariño *Arquitectura relixiosa*
- 46.- Ermida de Santiago *Arquitectura relixiosa*
- 47.- Peto de Ánimas de Vilar *Arquitectura relixiosa*
- 48.- Peto de Ánimas da Canle *Arquitectura relixiosa*
- 49.- Peto de Ánimas de Parada do Monte *Arq. relixiosa*
- 50.- Santuario do Couso *Arquitectura relixiosa*
- 51.- Ermida de San Antonio *Arquitectura relixiosa*
- 52.- Ermida Motas e Viso *Arquitectura relixiosa*
- 53.- Igrexa de Bande *Arquitectura relixiosa*
- 54.- Igrexa San Miguel de Lobios *Arq. relixiosa*
- 55.- Igrexa San Salvador de Manín *Arq. relixiosa*
- 56.- Ermida de San Pedro en Ludeiros *Arq. relixiosa*
- 57.- Parque forestal O Corgo *Medio natural*
- 58.- Carballos singulares *Medio natural*
- 59.- Corga da fecha *Medio natural*
- 60.- Castelo da Pica *Medio natural*
- 61.- Pia da Moura *Medio natural*
- 62.- Poza da Seima *Medio natural*
- 63.- Pozo Caído *Medio natural*
- 64.- Pozos do Mallón *Medio natural*
- 65.- Poza de Auga *Medio natural*
- 66.- Pozas das Forcadiñas *Medio natural*
- 67.- Pozas da Corga da Fecha *Medio natural*
- 68.- Centro de interpretación Aquae Quenquennae *Museo*
- 69.- Aguas termales río Caldo *Termalismo*
- 70.- Aguas termales *Termalismo*
- 71.- Pueblo *Arquitectura popular*

Rutas Parque Natural Baixa Limia - Serra do Xurés

- 1 Ruta Corga da Fecha
- 2 Ruta de Padrendo
- 3 Ruta de Queguas
- 4 Ruta Ermida do Xurés
- 5 Ruta Mina das sombras
- 6 Ruta Río Agro
- 7 Ruta Río Mao
- 8 Ruta Río Vilameá
- 9 Ruta Torrente - Salgueiro
- 10 Sendero A Cela - Pitões
- 11 Vieiro das Mamoas

... Via Romana

Limite Parque Natural Baixa Limia - Serra do Xurés

Estradas

Camiños

Fronteira España-Portugal

1 Punto de información

2 Vistas panorámicas

3 Arquitectura Popular

4 Fervenza

5 Castro

6 Cruceiro

7 Formación Senlleira

8 Mina

9 Museo

10 Parque Forestal

11 Patrimonio Arqueolóxico (Romano)

12 Peto de Ánimas

13 Petroglifo

14 Vilas

15 Arquitectura - Historia

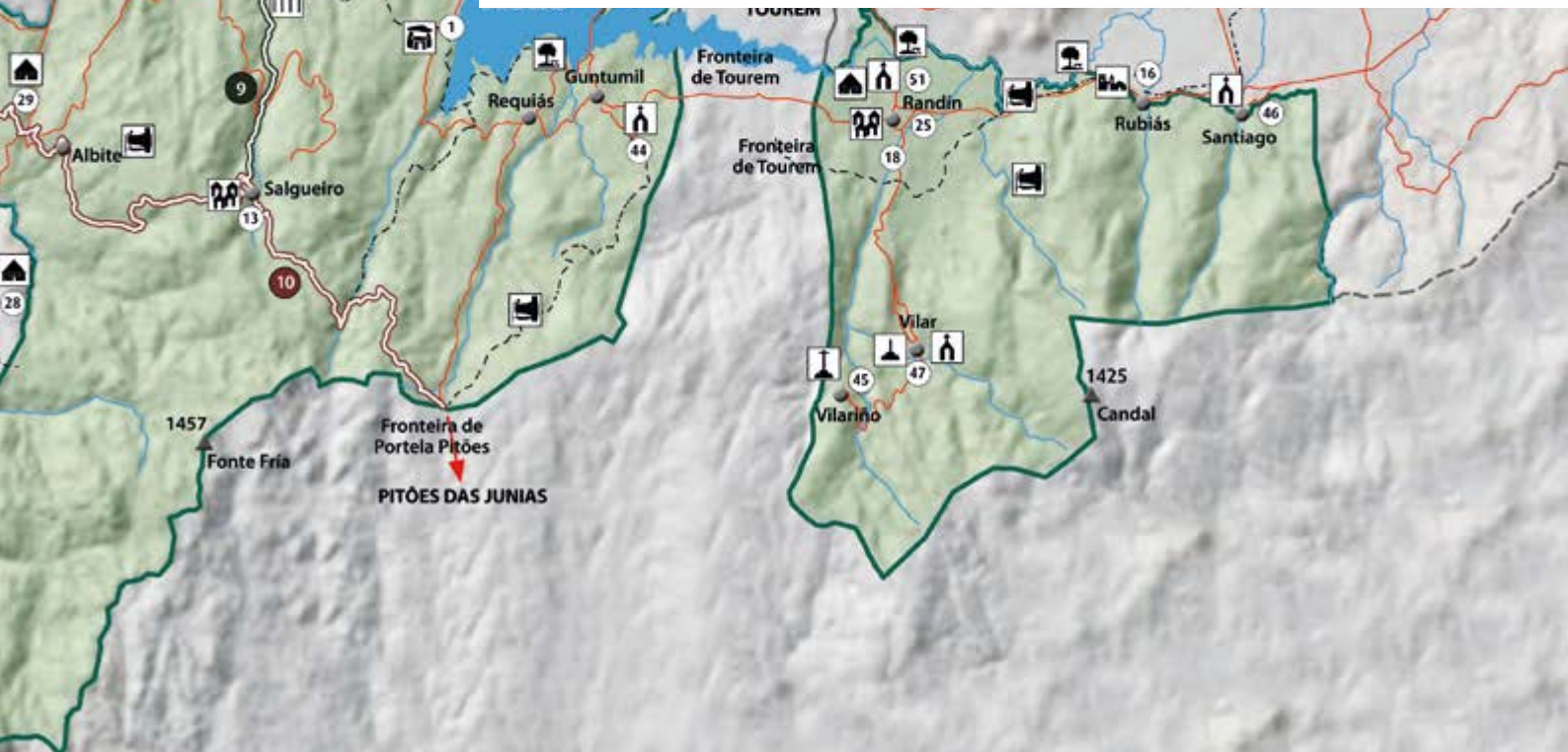
16 Termalismo

17 Túmulo

18 Ponte

19 Ermita

20 Áreas de descanso



Tourist packages



Welcome to the authenticity of O Xurés

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 O XURÉS

Discover O Xurés - get peddling



Mountain bike route.
Overnight stay at Lobios Spa Hotel.

Lobios Spa Hotel has prepared the perfect plan for you: a little cycling, combining nature and spa treatments.

Start the day by following one of the Serra do Xurés MTB Center's routes. The hotel staff will be able to tell you which one is best suited to you, and if you want to travel without worrying about bringing your own bike, you can rent one, or even choose an electric bike for a more relaxing experience; then all you have to do is focus on enjoying the landscape. And at the end of the day's cycling, what better than to wind down with a footbath and leg massage. And if any time is left

over, enjoy a quiet walk along the banks of the River Caldo before dinner.

On the second day, immerse yourself in the hot springs of Lobios, unhurried... May the only thing to make you want to leave be the desire to try some of the superb local dishes.

DINNER + 1 NIGHT ACCOMMODATION + BREAKFAST + RUTA EN BICICLETA + PEDILUVIO + MASAJE DE PIERNAS.
Price from 80€/person.

Check tourist package terms and conditions.



2-DAY PROGRAMMES IN O XURÉS

Explora O Xurés



Running and kayaking.
Overnight stay at the Aviva Sports Center.

Is running all you think about to escape the humdrum of everyday life and be at one with nature?

Set aside two days for yourself in your dairy and escape to the Aviva Center, a complex specialising in mountain sports where you can set up your base camp and be ready to go without having to get to that starting point first.

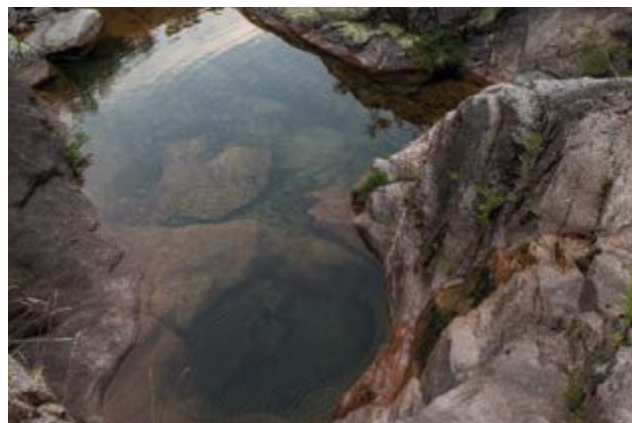
Check in to the mountains: we suggest a route that takes you around the Salas reservoir. And why not visit the village of Cela? Afterwards, if your legs need a rest, go in search of the Pozas da Seima, better known as "Pozo Negro".

Later, it is time to enjoy the facilities and some home cooking. For the following day, we have a plan that you will be unable to resist: kayaking on the calm waters of the Maus de Salas reservoir.

CENA + 1 NOCHE DE ALOJAMIENTO + DESAYUNO + ACTIVIDAD DE KAYAK.

Price from 50€/person.

Check tourist package terms and conditions.



2-DAY PROGRAMMES IN O XURÉS

The villages of O Xurés



4x4 routes through the villages of O Xurés.
Overnight stay at Casa da Feira.

We propose a unique way of visiting the hidden villages of O Xurés.

Enjoy a day out travelling along old country roads in a 4x4 to reach forgotten villages and learn about the traditions of these mountains' interior. Xurés Activo will be your guide and, half-way through the trip, an outdoor picnic will be provided. Stay at the Casa da Feira, a rural house typical in these southern Galician mountain villages, and experience what it is to be one of their own. The evening brings a traditional dinner.

As a farewell to this wonderful destination, devote your last day to Roman archaeology with a visit to the Aquis Querquennis archaeological complex.

DINNER + 1 NIGHT ACCOMMODATION + BREAKFAST + PICNIC + 4X4 ROUTE.

Price from 120€/person.

Check tourist package terms and conditions.



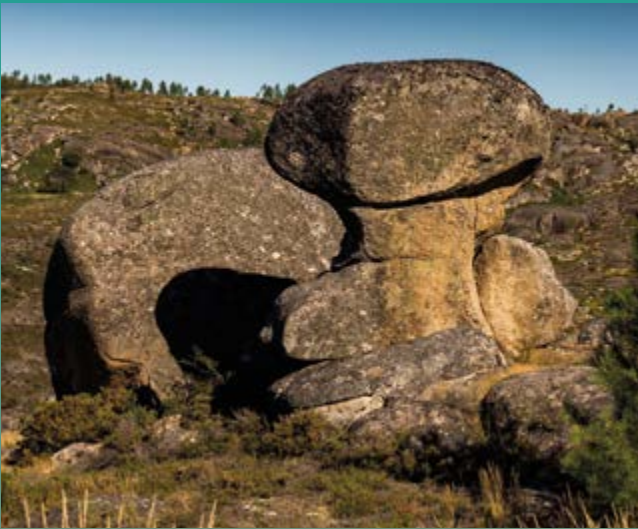


Do not miss

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

Bolos

Look for surprising shapes in the large granite boulders known here as **bolos** and scattered throughout the Park. In the village of A Cela they even form a part of the structure of the buildings.



The fauna of O Xurés

Do not miss the opportunity to see some of the Park's most characteristic animals, such as roe deer, deer, mountain goats, Galician and Portuguese horse breeds or the autochthonous cattle breed known as the *cachena* cow.



Via Nova's Milestones

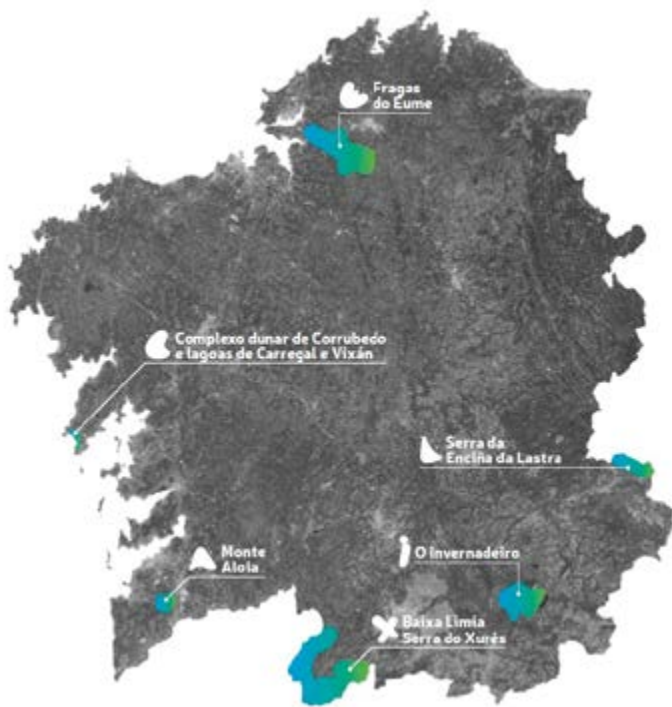
These large stone posts signalled the distances that existed on the Roman roads. Near Portela do Home (Lobios), several of them are preserved, having been moved from their original locations.



Waterfall of Poza da Seima

A signposted trail from the village of A Cela leads here, where we can enjoy the 15-metre high waterfall with its wide stone backdrop and sizeable pool.





Obtain the Natural Parks of Galicia passport

Find out about the advantages it offers and follow us at: [#GaliciaNaturaleÚnica](https://www.instagram.com/GaliciaNaturaleÚnica)



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 | 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 | 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 | Monte Aloia

Galicia's first Natural Park to undergo tailored reforestation at the hands of the engineer Rafael Areses. Legend has it that this is Monte Medulio, the scene of the collective suicide of Celtic tribes in order to avoid falling into the hands of the Roman invaders.



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

EMERGENCY SERVICES

Emergencies 112
Seprona 062
Forest fires 085



www.turismo.gal



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concello@concellobande.com



APARTAMENTOS · APARTMENTS

O COMBARRIZO

Araúxo (San Martiño), 14, Suigrexa, 32879, Lobios
T. 615 942 374
ocombarrizo@gmail.com
http://ocombarrizo.com

CASA PRADO

Vilameá de abaixo, 18, 32846, Bande (San Pedro)
T. 660 122 039
marie.radde@club-internet.fr

CASA SAN MARTIÑO

Río Caldo (Santa María), Vilameá, 32895, Lobios
T. 625 471 202

EL VALLE

Río Caldo (Santa María), Bubaces, 32895, Lobios
T. 678 509 258
T. 637 857 177
contacto@elvalleapartamentos.com
www.elvalleapartamentos.com

VÍA NOVA

Estrada OU-312 km 1,8, 32870, Lobios
T. 988 448 407
apartamentosvianova@hotmail.com
www.apartamentosvianova.net

APARTAMENTOS TURÍSTICOS

CASA REQUIÁS

Requiás (Santiago), 32880, Muíños
T. 629 444 360
prietovila@yahoo.es



CAMPING

O CORGO 2ª Cat.

Outeiro de Cela (Mugueimes), Muíños
T. 988 406 075

QUINTA DA VIÑA GRANDE 2ª Cat.

A Illa (San Lourenzo), 2, Lantemil, 32860, Entrimo
T. 661 423 801
vinagrande@hotmail.com



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BARCELONA ★

Besteira, s/n, Galez (San Fiz), 32860, Entrimo
T. 988 434 724
hotelbarcelona@hotmail.es

LUSITANO ★

Estrada de Portugal, 47, 32870, Lobios
T. 988 448 028
lusitano@lusitanohotel.com
www.lusitanohotel.com

HOTEL AV APARTAMENTOS ★

Estrada Portugal, 61, 32870, Lobios
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T. 988 448 440
lobios@caldaria.es
www.caldaria.es



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CASA ROSALÍA ★★

Lobios (San Miguel), 28, Pazos, 32870, Lobios
T. 988 448 407
casarosalia@outlook.es
www.alojamientoruralrosalia.com

LA ENTRIMEÑA-2 ★★★

Cortiña da Fonte, s/n, 32860, Entrimo
T. 630 926 206

AS TERMAS ★★

Río Caldo (Santa María), 9, Os Baños, 32895, Lobios
T. 988 448 284
pensionastermas@hotmail.es
www.pensionastermas.com

BARCELONA ★

Galez (San Fiz), 8, A Feira Vella, 32868, Entrimo
T. 988 434 724



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CASA DA FEIRA VELLA G. B

Galez (San Fiz), 15, A Feira Vella, 32860, Entrimo
T. 988 434 963
casadafeiravella@gmail.com
www.casadafeiravella.com

CASA D'ASPERELO G. B

Galez (San Fiz), 27, Asperelo e Olín, 32868, Entrimo
T. 988 434 910
T. 679 678 138
turaldea@gmail.com
www.casadasperelo.com

CASA DA FEIRA G. A

Araúxo (San Martiño), 9, A Portaxe, 32879, Lobios
T. 697 689 635
info@xuntactivo.es
www.casadafeira.es

AS FONTES G. B

Porqueirós (Santo André), 30, 32880, Muíños
T. 670 319 790
jp_asfontes@hotmail.com
www.casaasfontes.com

CASA DO EIRÓ G. B

Do Eiro, 6, Calvos (Santiago), 32644, Calvos de Randín
T. 988 434 005
casadoeirocalvos@gmail.com
www.casaruraldoeiro.com

CASA MARIÑA G. B

Pombal 65, Bande (San Pedro), 32840, Bande
T. 988 443 640
casaruralmarina@hotmail.com
www.casaruralmarina.es

CASA RECTORAL DE SAN PEDRO G. A

Muíños (San Pedro), Mugueimes, 32880, Muíños
T. 639 030 034
concello.muinos@eidolocal.es
www.concellomuinos.com

CASA BARALLÓ G. B

Barrio Baralló, 3, Grou (San Mamede), 32892, Lobios
T. 988 434 566
casadebarallo@telefonica.net
www.casabarallo.com



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T. 932 314 733
pneira@telefonica.net

CASA CHUCA

Requiás (Santiago), 123, 32880, Muíños
T. 629 444 360

CASA DA ABUELA

Chaus De Limia, 32850, Lobeira
T. 686 887 635
juandoschous@hotmail.es



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T. 988 443 063

BARCELONA 4ª Cat. †

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T. 988 434 724

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A Magdalena, 2, 32870, Lobios
T. 988 302 941

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Cruces, 47, Lobios (San Miguel), 32870, Lobios
T. 988 448 028
lusitano@lusitanohotel.com
www.lusitanohotel.com

RÍO CALDO 4ª Cat. †

Río caldo, 1, Río Caldo (Santa María), 32870, Lobios
T. 988 984 736

CASINO 4ª Cat. †

Rúa da Igrexa, 3 baixo, 32860, Entrimo
T. 671 279 439

MÓNICA 4ª Cat. †

Maestro Taibo, 60, Bande (San Pedro), 32840, Bande
T. 988 443 321

CASA DA FEIRAVELLA 4ª Cat. †

Galez (San Fiz), 15, A Feira Vella, 32860, Entrimo
T. 610 526 405

VÍA NOVA

Río Caldo, s/n, 32870, Lobios
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