



 XUNTA  
DE GALICIA.

 Xacobeo 21-22

Baiona



a walk of  
history and life

# Baiona



ON THE 1ST OF MARCH 1493 THE CARAVEL LA PINTA ARRIVED AT THE PORT OF BAIONA. THIS EVENT WOULD MARK THE COURSE OF HISTORY IN THE TOWN, AS IT WAS THE FIRST PLACE TO LEARN OF THE DISCOVERY OF THE NEW WORLD. DUE TO ITS STRATEGIC LOCATION, IN A SHELTERED BAY PROTECTED FROM THE ATLANTIC WINDS, BAIONA BECAME A COMMERCIAL, FISHING, AND MILITARY PORT OF THE FIRST ORDER. TODAY IT IS ONE OF THE MOST IMPORTANT TOURIST DESTINATIONS IN THE RÍAS BAIXAS.

# Essentials

**A** Fortaleza de Monterreal



**B** Caravel La Pinta



**C** Iglesia de Santa Liberata and Colegiata de Santa Maria



**D** Calvary of Santísima Trindade



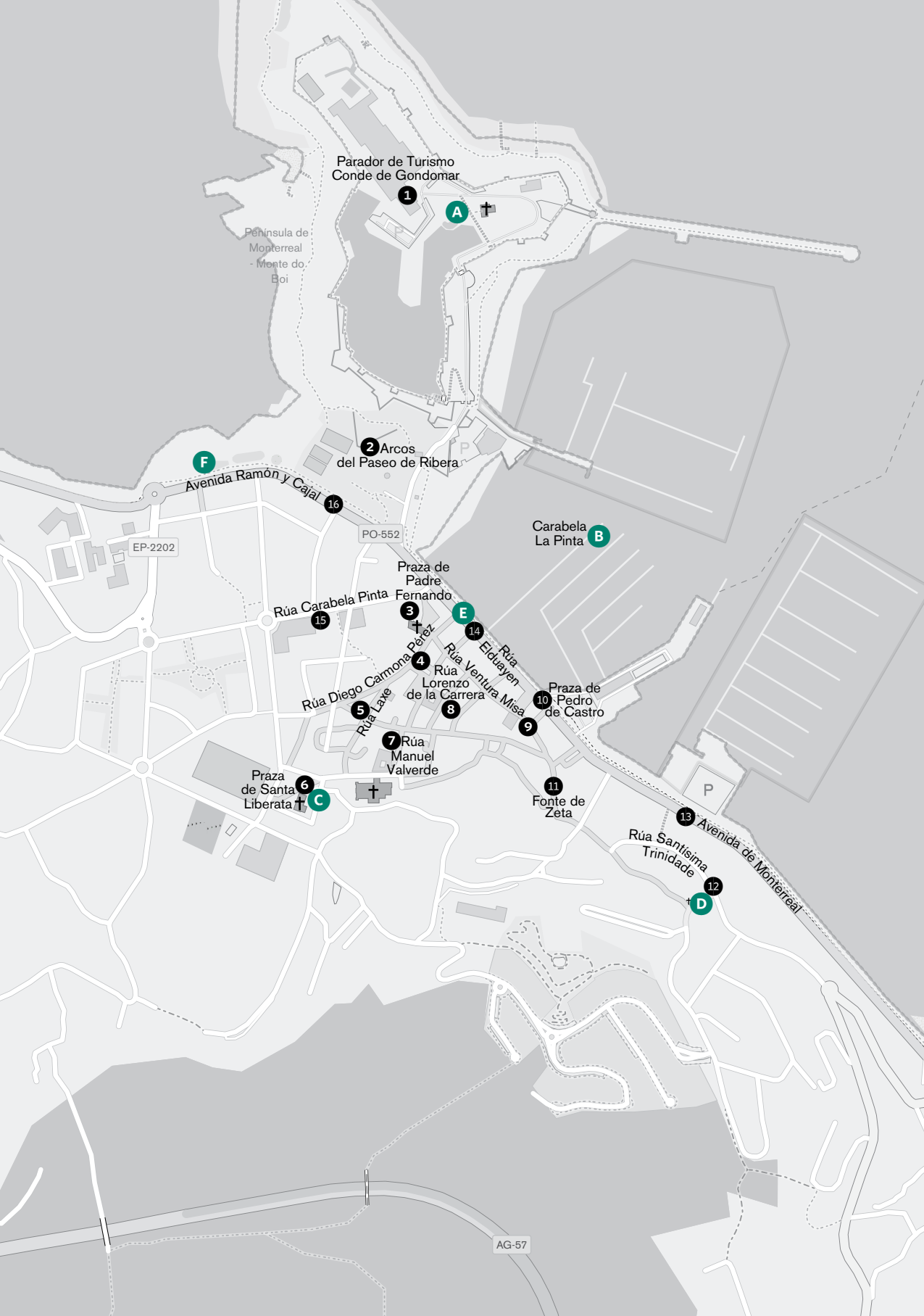
**E** Promenade and walk of Monte Boi



**F** Statue of Martín Alonso de Pinzón



# The route



- 1 Fortaleza de Monterreal
- 2 Archs of Paseo Ribeira
- 3 Praza Padre Fernando
- 4 Rúa Diego Carmona Pérez
- 5 Rúa Laxe
- 6 Praza de Santa Liberata
- 7 Rúa Manuel Valverde
- 8 Rúa Lorenzo de la Carrera
- 9 Rúa Ventura Misa
- 10 Praza de Pedro de Castro
- 11 Fonte de Zeta
- 12 Rúa Santísima Trindade
- 13 Avenida de Monterreal
- 14 Rúa Elduayen
- 15 Caravel La Pinta
- 16 Avenida Ramón y Cajal



# Baiona

Our tour begins at the **Parador Conde de Gondomar hotel** ①, built inside the Monterreal Fortress, which can be easily reached by car or bus. Very close at hand there is a public car park we can use. The fortress was built on the peninsula of Monte Boi, where there is evidence of occupation in Roman times. The complex boasts 3 kilometres of defensive walls, with different towers and gates, and was built between the 11th and 17th centuries.

The prosperity of the town attracted the greedy intentions of pirates and foreign armies, to such an extent that the Catholic Monarchs had to order the population to take shelter within the walls. Attacks by the Duke of Lancaster (14th century) or the corsair Francis Drake (16th century) were frequent, which led Philip II to station up to 17,000 soldiers there, as he considered Baiona the “key to his kingdoms”. In those turbulent times, the figure of the Count of Gondomar stands out, who, as a local, played a significant role in the defence of Baiona and the region, which would see him hold a prominent place at the court.

Over time peace and political stability diminished the military role of the fortress and it was abandoned. In the 19th century, it

even passed into private hands, before it was acquired by the Ministry of Tourism in 1963 which turned it into a parador hotel in 1966. A stroll along the walkway of the ramparts is highly recommended for the unbeatable views of the town of Baiona: the port with the yacht club, the bay with its beaches and the Atlantic Ocean with the Illas Cíes (Cíes Islands), part of the Parque Nacional das Illas Atlánticas (Atlantic Islands National Park).

We can admire the different towers of the fortress along the way. The Torre del Reloj (Clock Tower) was used to guard against and warn of approaching enemies, the Torre de la Tenaza (Tower of the Pincers) was used, among other purposes, as a prison to keep prisoners in its dungeons, and the Torre del Príncipe (Prince’s Tower) was a rich source of legends about princes and iron masks.



**PREVIOUS PAGES** Tapas area, port

**FACING** Fortress of Monterreal

**RIGHT** Illas Cíes seen from the round of the wall



With a little bit of fanciful thinking, some believe that Alexander Dumas took inspiration from this tower when writing his novel, *The Man in the Iron Mask*. Batteries, bastions, and emblazoned gates come one after another all along this walk which is well worth completing.

You can walk around the outside of the fortress, following the almost two kilometres long Monte Boi promenade, which opens on to the different beaches all along the shore:



Cuncheira, Os Frades, Barbeira and Ribeira. At the foot of the fortress is the collection of granite sculptures titled ENCUENTRO ENTRE DOS MUNDOS (Encounter between two worlds). The monument was erected to commemorate the fifth centenary of the arrival of the caravel La Pinta at the port of Baiona.

In the **arches of the Paseo Ribeira 2** (Ribeira Promenade) there are three landmarks that tell us of the sea crossing in the discovery of America. Legend has it that the POZO DE LA AGUADA well was used to supply drinking water to the caravel La Pinta before it returned to Palos de la Frontera. One of the problems of the great crossings was the growing water stagnation after so many days at sea. That's why crews were anxious to get

**ABOVE** The port of Baiona, with the replica of La Pinta  
**BELOW** The Arribada tile  
**FACING, ABOVE** Puerta de Felipe IV

fresh water before starting each trip. THE ARRIBADA TILE is made up of 180 pieces and illustrates the routes that Martin Alonso Pinzón and Christopher Columbus followed on the return journey with the caravels La Pinta and La Niña. And finally, there is the LA PINTA CREW MEMORIAL PLAQUE, which mentions the names and positions of the 26 men who performed this feat. In Baiona, the Festa da Arribada (Festival of the Arrival) is celebrated on the first weekend in March and has been declared an attraction of international tourist interest. On the Ribeira beach the arrival of the caravel La Pinta to the port of Baiona on 1 March 1493 is staged and re-enacted. The town travels back in time with medieval tournaments, craft exhibitions, and various leisure and cultural activities which the whole town takes part in dressed in period clothing.

AA stone's throw away we find a life-size replica of the CARAVEL LA PINTA, which was built in the nearby fishing village of A Guarda on the occasion of the celebration of the fifth centenary of the arrival of the caravel in Baiona. Today it is a museum and it illustrates the harsh living conditions on board and the precarious navigation instruments of the time. It is very interesting to discover the first products that arrived from the New World, such as corn, tobacco, cotton, peanuts, and even exotic animals. Three indigenous people were also present on the journey, one of whom died and was



buried at the foot of the Monterreal fortress. Of Columbus' vessels, La Pinta was the most seaworthy, due to its stability, speed, and the talents of its captain Martín Alonso de Pinzón, who also had several Galician sailors among his crew. Maybe that is why it was the first to reach this port on the return journey.

After this stroll through history, we now enter the old town by the **Praza Padre Fernando 3** (Father Fernando Square), where we come to the round stone building of the CONVENTO DE LAS DOMINICAS (cloistered convent of the Dominicas), which was built in the 16th century and is where the patron saint of Baiona, the Virgen de la Anunciada (the Virgin of the Annunciation), is venerated. In August, during the celebrations dedicated to her, the image goes on a lively procession through the streets of the town and the Danza de las Espadas (Sword Dance) is performed, a tradition that is more than 500 years old. Those who like monastic pas-



tries can visit the convent's porter's lodge, where, after passing through the turnstile, you can buy the famous *almendrado* almond biscuits, coconut delights, and almond cake.

After the convent we proceed to **ruá Diego Carmona Pérez 4** (Diego Carmona street), which owes its name to the local sailor who sailed with Juan Sebastián Elcano and fellow Baiona native Vasco Gallego aboard the carrack *Victoira*, which was the first ship to circumnavigate the world in the early 16th century. Our tour continues along **ruá Laxe 5**, where you will find the Fonte da Laxe (Laxe Fountain), from 1956, together with a stone reproduction of the containers that were used to transport water in the past. This old meeting place is still a place where people meet up and have fun in the lively pubs and bars. It has also been able to reinvent itself with repurposed buildings such as the *Café Casablanca* (no. 19) where stone, wood, the light, and whitewash combine to form small minimalist spaces. It is no surprise that it won the "Gran de Area 2020" award from the Official College of Architects of Galicia.

A little further on, on the right, in a secluded square, we find the CAPILLA DE SAN XOÁN (chapel of San Xoán), which was built in the



17th century. We return to ruá Laxe and head towards the **Praza de Santa Liberata 6** (Saint Liberata Square). On the way we can take in the narrow cobblestone streets and traditional houses with narrow arcades and colourful balconies. In short, the architecture is very well preserved and was deservedly declared a site of historical and artistic interest in 1993.

We now reach the CAPILLA DE SANTA LIBERATA (chapel of Santa Liberata), which dates from the late 17th century, and was built thanks to donations from residents of the town to honour the first Christian woman to be crucified, who we can see on the façade. The central scene of the main altarpiece shows us the history of Santa Liberata. Tradition has it that Santa Liberata was born, together with her eight twin sisters, in Baiona, while her father, the Roman governor of Gallaecia and Lusitania, was absent. His wife, fearful of such a wondrous multiple birth, ordered

**ABOVE** Main altarpiece of the Capilla de Santa Liberata  
**FACING** Detail of the replica of caravel *La Pinta*



the girls to be drowned. However, their wet nurse, Sila, hid them in Christian homes. As the years went by, they would be discovered, suffer various agonies and would eventually be executed by their own father because they refused to renounce the Christian faith they had joined in their adoptive homes.

Almost next to it is the former COLEGIATA DE SANTA MARÍA (collegiate church of Santa María). It was built between the 12th and 14th centuries and follows the Cistercian models of sobriety and austerity. It has a spacious interior full of light that filters through the rose windows of the façade and the apse. Although it has no decoration, the church is balanced and elegant. The recent restoration has enhanced the heritage with information panels that detail the great variety of marks made by masons, guilds, and associations. Some signs tell us about trade in Baiona, such as the Atlantic trade with La Rochelle or with ports in the Baltic Sea. In the atrium

we can view several calvaries, from different times and in different styles, which were moved there from other squares and streets of Baiona to adorn the setting of what is today the parish church.

Around the square, on 25 and 26 September every year, for more than a century, the romería (religious pilgrimage) of San Cosme and San Damián (Saint Cosmas and Saint Damian) has been held. Traditionally known as the pilgrimage "de la miel y de las nueces" (honey and walnuts), it is attended by people from all over the region and the north of Portugal, who also visit the large market. Here we can find clothing, leather goods, shoes, flowers, and, of course, a wide variety of food products. It is customary to stock up on honey and nuts for the whole year.

To continue on our tour we now have to go down **rúa Manuel Valverde 7**, where we can see the old HOSPITAL SANCTI SPIRITUS, which was built to treat the poor of the region and then from the 18th century onwards was also used as a hostel for pilgrims travelling on the Portuguese Coastal Way. Today, the building houses the public library and the municipal archive.

From here we come onto **rúa Lorenzo de la Carrera 8**, where we find the ruins of the CASA DE LOS CETA OR CASA DEL PERDÓN (House of Ceta or House of Forgiveness). This curious name comes from the royal privilege

granted to anyone condemned to death who was able to grab the chains on the building's façade. If they managed to do so, they would be pardoned and protected from the ire of the crowds, who all too often took justice into their own hands.

The Praza do Concello (Council Square) is presided over by the building that serves as the seat of the AYUNTAMIENTO DE BAIONA (Baiona Town Council), an 18th century mansion that belonged to Lorenzo Correa y Araújo, who lived in Baiona and became mayor of Cuernavaca in Mexico. The most prominent features on the building are the crenellated tower and the coats of arms on the façade, which the municipal coat of arms has been added to.

The CAPILLA DE LA MISERICORDIA (chapel of La Misericordia) is owned by the Hermandad de la Santa Casa de Paz y Misericordia (Sisterhood of the Holy House of Peace and Mercy), the oldest in Galicia and one of the oldest in Spain. It was founded in 1574 to help and aid the population, as well as to bury residents and visitors who died in the town. Its work was essential in those convulsive times of wars and plagues. It was awarded the Baiona Gold Medal in 1999 for

**ABOVE** Council building

**FACING** Old Hospital Sancti Spiritus, with the Colegiata de Santa María in the background.



its history and heritage conservation. Inside the chapel is the Cristo del Oro (Christ of Gold), an image which, according to legend, was sent from America loaded with gold coins by locals from the town now living in Mexico to pay for the building of a church on the location where it now stands. It should be remembered that transporting gold was severely penalised by the authorities and that attacks by pirate were all too frequent, so this group of people decided to send the coins hidden inside the cross.

Our walk continues along **rúa Ventura Misa 9**, which takes its name from the illustrious Baiona figure who moved to Jerez de la Frontera at the beginning of the 19th century and became an important wine-maker and exporter there. He was a pioneer in introducing the concept of the "cathedral winery" and, together with his brother Manuel, is considered one of Baiona's most important philanthropists. The place name





could not be more appropriate as we are in the main wine area, enclosed by rúas Ventura Misa and O Conde, which hosts a wide variety of tapas bars where you can discover the typical local cuisine first-hand. There are ham shops, breweries, gastropubs, pubs, and, of course, famous restaurants to find.

Since 2012, countless establishments have taken part regularly in the Bai de Tapas competition which seeks to find the perfect, most original tapas dish. The SICTED 2018 seal, signalling commitment to quality tourism, was awarded to the [Recuncho Mariñeiro](#) tapas bar and restaurant and to the traditional [Jamonería Jaqueyvi](#) ham shop, which, as expected, specialises in ham, cheese and

**ABOVE** Jamonería Jaqueyvi

**BELOW** The tower clock

**FACING** Pazo de Mendoza



wine, although what really catches the eye of first-time visitors are the huge omelettes.

Among the maritime-themed bars and pubs, we can find other shops such as [A Larerira](#), which sells a range of select Galician food products, and [Papelier](#), a shop-studio which brings together the two great passions of its owners, drawing and design, to create the perfect place to pick up original, personalised gifts. Women's and children's clothing can be found at [She & Kids](#), where grandmothers, mothers, and granddaughters can all find something to wear.



If we want to continue delving into the history of Baiona, we should take a detour to **rúa Reloxo** (Clock street) to take a look at the tower and clock there, which date from the mid-19th century, are fully restored, and stand 10 metres high. The adjoining building was the seat of the Baiona Town Council until 1950 and today houses a centre for



entrepreneurs. A little bit further on, on rúa Reloxo, we come to a recently restored area. It includes a children's play park, the obelisk commemorating Ventura Misa, the [CASA DE LA NAVEGACIÓN](#) (House of Navigation) garden, and stone troughs. The whole area has a lively feel with the terraces of wine bars such as [La Conservera](#), where you can sample or purchase gourmet preserves and [O Petisco](#), which sometimes puts on live music for its vermouth events.

We retrace our steps back to **rúa Ventura Misa** and continue on to the **Praza de Pedro de Castro** <sup>10</sup> (Pedro de Castro Square), where we find the [MONUMENT COMMEMORATING THE ARRIBADA](#), a five metre tall, two metre in diameter rock, weighing in at more than 20 tonnes, which was carved by Ángel Fernández Vernet, considered the best stonemasons of the latter half of the 20th century.

The [PAZO DE MENDOZA](#) manor house is one of the stateliest buildings in the town. It was built in 1768 and was commissioned by the dean of the cathedral of Santiago de Compostela, Policarpo de Mendoza, a native of Baiona. It is built in the style of Baroque town houses and bears the coat of arms of the family on the façade, where there is an inscription with the phrase "Ave María". Today it houses the small [Hotel Pazo de Mendoza](#), which has 11 rooms, and, on the ground floor, the [Taberna-Restaurante Mendoza](#) tavern-restaurant, which combines traditional Galician cuisine with creative touches, and is one of the 14 members of the "Galicia Gourmand Cociñas con Encanto" group.

Another historic restaurant in Baiona is [Restaurante El Túnel](#), a family business with more than 60 years of experience under its belt that serves up almost 100 different dishes in its daily menu.



In the old Casa Carvajal (Carvajal House), we find the [MUSEO CASA DE LA NAVEGACIÓN DE BAIONA](#) (Baiona Museum-House of Sailing), which embarks on a journey through the history of Baiona and its links with the sea through documents, objects, miniature models, and archaeological remains, some of which have been recovered from the port of Baiona itself.

We continue our walk along **rúa Ventura Misa** 9 and stumble upon the [El Corralito](#) restaurant, which offers a wide range of home-made dishes made from eggs and chicken.

We now come to the 17th century **Fonte de Zeta** <sup>11</sup>. It was a public fountain which people used for water and, as it says on its front, it was forbidden to wash and clean items, under penalty of a fine of between 10 and 80 reales (the currency of the time). Nowadays

it is one of Baiona's most delightful spots and is surrounded by lively terraces and tapas bars, where traditional Galician cuisine, such as in [Restaurant Mesón Fuente de Zeta](#), blends together with other styles, such as [La Crep](#) crepe shop at no. 7 on **rúa Conde**, both of which were awarded the SICTED label in 2018.

We follow the Jacobean route along rúas Porta da Vila and O Mariñeiro (Town Gate and Sailor streets), where we are likely to come across pilgrims on the [PORTUGUESE COASTAL WAY](#) travelling the 280 kilometres and 13 stages between Porto and Santiago de Compostela. This route was taken not only by Portuguese pilgrims but also by those who landed in the ports of the neighbouring country. It gives us the opportunity to discover some unique seascapes as we enjoy the tranquillity of a route that is less busy than the French Way.

**Rúa Santísima Trindade** <sup>12</sup> takes us to the square of the same name. This area is presided over by the [CRUCEIRO DA SANTÍSIMA TRINDADE](#) (Calvary of Santísima Trindade), one of the few with a baldachin that has survived to the present day and is more than five hundred years old. Its resemblance to a small temple leads us to conclude that mass was



**BELOW** Homenaxe ao Mariñeiro  
**FACING, ABOVE** Fonte de Zeta  
**FACING, BELOW** Calvary of Santísima Trindade





held here in the open air, especially during the plague, which would have been attended not only by town residents but also by the crews of the ships anchored here. Under the cover we can find a set of very expressive roughly carved religious images, some showing remains of polychromy.

From the square we head down towards the seafront promenade, passing through the terraces of the Auditorio V Centenario (5th Centenary Auditorium), where there are unbeatable views over the cove of Baiona.

If we go down the Escaleiras do Cais, we reach **Avenida de Monterreal** <sup>13</sup>, one of the most dynamic and attractive areas in Baiona, especially in the summer. This road leads us to the port, where there are sports boats alongside the more traditional fishing boats. This is the location of the passenger terminal where catamarans leave frequently for the Cíes Islands in the Atlantic Islands

National Park. In the **LONJA** (market), an auction, open to the public, is held every day at five o'clock in the afternoon, where it is common to find barnacles, sea urchins, hake, sea bass, and bibs, among other products.

Entry to the port is through the **MONUMENT TO ALFONSO IX**, which commemorates the eighth centenary of the foundation of Baiona as a royal town. It is the last work of the great bronzesmith Juan Oliveira. Nearby stands the **HOMENAXE AO MARIÑEIRO** (tribute to sailors), by Manuel Quintas Vergara, “O Ferreiro” (the blacksmith), a humble and altruistic artist who distributed his works through the Baiona Town Council.

In front of the marina is **Estelas Navegación**, where we can rent small sailing or motor boats, or even take sailing courses or buy nautical clothing. Other nautical shops are **La Chalana** (23 Alférez Barreiro), **Kilarny** (19 Elduayen), **New Port Vela** (14 Ramón y Cajal), **Náutica Pedro Madruga** (5 Ramón y Cajal), and **Barlovento Sea Line** (9 Ramón y Cajal).

On this stretch along the **Avenida de Monterreal** and rúas Alférez Barreiro, Elduayen, Carabela La Pinta, and Ramón y Cajal (Alférez Barreiro, Elduayen, Caravel La Pinta, and Ramón and Cajal streets), we can see the traditional architecture of a seafaring town, with sturdy stone buildings, balconies and glass-enclosed balconies, which all create a

very harmonious style throughout. A good range of shopping options are to be found here too.

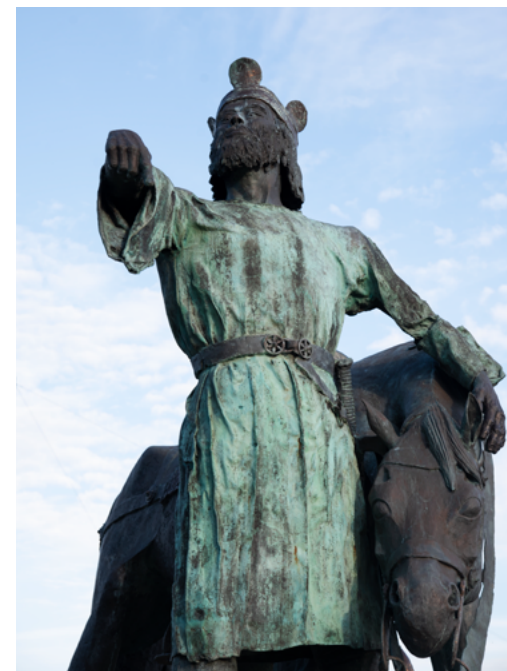
There are boutiques where you can find internationally prestigious brands, jewellery stores, accessories stores, shoe shops, artisan ice cream parlours, coffee shops, and small hotels and restaurants. One of them that is particularly worth visiting is **Restaurante Naveira**, at no. 8 rúa Alférez Barreiro, which has been run by the same family since 1940, when they set up an old stable for horses and carriages where they served wine and home-made meals to the sailors of the port. Fully refurbished today, they still specialise in local produce. Dating back to

**PREVIOUS PAGES** View of the port

**FACING** Boat moored next to the fish market

**ABOVE** Monument to Alfonso IX

**BELOW** Many restaurants in the streets Avenida Monterreal and rúa Elduayen.



1923, **Restaurant Mosquito** (no. 3 rúa **Elduayen** <sup>14</sup>) is perhaps the oldest restaurant in Baiona and is run by the third generation of the same family. The list of classic restaurants recognised for their variety of fish and seafood is completed by **Pedro Madruga** (no. 1 Avenida Ramón y Cajal), which was awarded the SICTED label in 2018.

Mercedes Ruíz de la Escalera lived at no. 7 rúa Alférez Barreiro. She settled in Baiona after visiting several European cities in search of a cure for her tuberculosis, which was a fatal disease at the time. She was 16 years old when, upon arriving at the beach of Cuncheira, she told her mother: “Mum, if I stay here, I’ll be cured”. From that moment on, she was a regular visitor, she discovered the qualities of the water and the iodine-rich seaweed from the beach and gradually Baiona began to welcome holidaymakers from more distant places, especially Madrid. Mercedes Ruiz was the driving force behind





the [MAR DE BAIONA NIGHT SCHOOL AND THE BUILDING OF THE VIRGEN DE LA ROCA](#), for which she used her contacts with Queen Victoria and Pope Benedict XV. She lived until the age of one hundred, and it is said that it was because of the waters of this royal town.

Further along, [Bico de Xeadó](#), at no. 5 rúa Alférez Barreiro, serves natural ice cream, made with 100% fresh milk from the O Cancelo de A Coruña (A Coruña Gate) farm, with no artificial flavours or colourants. In addition to original flavours such as cheese-cake, Gomariz coffee liqueur or rice pudding, there are also other more traditional flavours such as chocolate, vanilla, and strawberry. The parlour was awarded the "Gran de Area de Aportación a la Arquitectura 2016" (Grain of Sand Contribution to Architecture) prize.

The [Pastelería, Panadería y Café Kopencamos](#) (patisserie, bakery, and cafe), at no. 7 rúa Elduayen, is run by the third generation

of the Copena family, who started out in the neighbouring town of Nigrán in 1920 and today make the finest traditional pastries. Among their products, the delicious roscón (ring-shaped cake) stands out, which can even be ordered by WhatsApp and the recipe for which they have kept their recipe secret over the years.

The [Heladería Gamela](#) ice cream parlour, at no. 10, was opened in 1986 and soon became one of the leading ice cream parlours in the area due to the quality of its products. It has a varied menu of home-made ice creams, coffees, and frozen yogurts. Some of them are very original with ingredients such as wine gums and many varieties of chocolates.

The [Hotel Anunciada](#), at no. 16, is a family business founded in 1880 and runs a cafeteria with a terrace that is open to the public. [Hotel Pinzón](#), at no. 21, opened its doors in 1987 in Casa de Barreiro (Barreiro House), where Manuel Barreiro Álvarez was born. This son of Baiona was granted honours by the town and won distinction as the first aviator to be awarded the Laureate Cross of Saint Ferdinand (Spain's highest military decoration for gallantry) by the Spanish Air Force in 1913. At present, the hotel has a cafeteria with wooden furniture and antique items, such as sewing machines, gramophones, and even the suitcases of former emigrants.

We can continue along the pedestrianised [rúa Carabela la Pinta](#) <sup>15</sup>, which has a great variety of shops such as haberdasheries, clothing, sports and accessories stores, bookstores, and newsagents. At no. 5, [Sargadelos Gallery](#) displays the products made by the first Galician ceramic factory, which was founded in the 19th century by Antonio Raimundo Ibáñez, in the Galician town of Sargadelos, in Cervo (Lugo). All their porcelain crockery, figurines, and fine porcelain are decorated and finished by hand after leaving the ovens of their factories. The Sargadelos gallery also hosts exhibitions and other cultural activities.

The [PLAZA DE ABASTOS](#) (Food Market), at no. 9, was recently remodelled and continues to offer the best quality fresh products, in addition to organising culinary activities. It houses interesting establishments such as [La Micro](#), a brewery bar with an extensive range of tapas prepared with produce from the market and home-made natural beer under its own brand Trisk-ale, which is brewed in exactly the same way as it was more than 5,000 years ago, with cereals, water, hops, and yeast. Another interesting place is [Daquí](#)

**PREVIOUS PAGES** Tiles, Convento de las Dominicas.

**FACING** Promenade view

**ABOVE** The gathering table of Torrente Ballaster, Casares and Prego de Oliver in Cafetería Monterrey



[e Dacolá](#), a food stall offering cheese, preserves, wines, and spices. We can also find organic produce, cod, fish, legumes, fruit, and meat In the market.

At no. 17 on the same street is the [A Casa Rita](#) restaurant, which in recent years has become a leading exponent of local cuisine using fresh produce, selected for their excellent quality, which can be paired with an extensive wine list featuring Galician, Spanish, and international designations of origin. It is included in the 2020 Michelin Guide Spain.

We now return to the seafront promenade and head along [Avenida Ramón y Cajal](#) <sup>16</sup> where we find [La Cafetería Monterrey](#), at no. 5, which is almost the same as when it opened its doors in 1972. This was the place where Gonzalo Torrente Ballester, Carlos Casares, and Manuel Prego de Oliver would meet up for lengthy conversation in the summer. On the second floor we can still see



the table these distinguished figures used to gather around.

[\*The Churrería and Heladería Emilín\*](#), at no. 7, selling churros and ice cream, is one of the most traditional establishments in Bayonne, as the first shop selling churros was opened in 1974. Many generations have savoured its chocolate and it is considered an institution in the area.

For a different view of Baiona whilst joining the slow bike movement, we can make our way to [\*La Pedalería\*](#), at no. 14 on the same street, where they have classic-vintage bicycles with the option of baby seats, folding bikes, pedal karts, tricycles, tandems, and balanzbikes, which you can use to take in the wonderful scenery. Opposite, the Pinzón promenade offers marvellous views of [\*MONTE BOI\*](#), the Monterreal Fortress, the Illas Estelas and the steep coastline, where the percebeiros (barnacle fishermen) often work. Overlooking the sea, we find the [\*STATUE\*](#)



[\*OF MARTÍN ALONSO DE PINZÓN\*](#), which was a gift from Palos de la Frontera (Huelva), a town twinned with Baiona.

Our walk ends at [\*Villa Rosa\*](#), a mansion with a 19th century French-style garden. For many years this house was visited by illustrious figures, including Manuel Murguía (Rosalía de Castro's husband) and several members of the Royal Galician Academy.

The [\*Villa Zoila\*](#) holiday apartments are on the other side of the street in a restored 1906 villa. These villas remind us of the important role tourism has played in Baiona since the late 19th century, when the seaside resort at Cuncheira beach, which is no longer there, was a major attraction, which saw wealthy families, locals, and people from further afield choose to build their summer homes there.

**FACING** Statue of Pinzón  
**ABOVE** Shellfisher  
**BELOW** Villa Rosa



### Virgen de La Roca

On Monte Sansón (Mount Samson), more than 100 metres above sea level, stands the Virgen de la Roca (Virgin of the Rock), a 15-metre-high granite sculpture that can be reached by an indoor stairway which leads us to the boat she holds in her hand and is a magnificent viewpoint over Baiona and its cove. The construction work was paid for by popular subscription, and it took twenty years to raise the necessary funds. A traditional Spanish zarzuela titled La Virgen de la Roca was composed to help raise funds. It was inaugurated in 1930 and was designed by Antonio Palacios, a prolific and prestigious Galician architect from O Porriño who also left a deep imprint on Madrid, with works such as the Palacio de Cibeles (Cibeles Palace), the current headquarters of the city council, and the Círculo de Bellas Artes (Fine Arts Circle) cultural centre. It is interesting to note that the neck, face, and hands of the sculpture are made of white marble and were sculpted by Angel Garcia.

### Seafront promenade – A Ramallosa bridge

For a visit to the [A RAMALLOSA BRIDGE](#) we recommend you use the seafront promenade, which is 3.5 km in length and gives us the opportunity to take in the Santa Marte and Ladeira beaches and nature areas such as

Esteiro da Foz, which is a birdwatching location included in the Natura 2000 Network. This pleasant walk also offers the chance to see monuments such as Soledad Peralta's sculpture in weathering steel, the [CAPILLA DE SANTA MARTA](#), and the neo-Gothic [IGLESIA DE SANTA CRISTINA](#). The latter was built on Avenida Julián Valverde, in the Sabarís neighbourhood. Every Monday morning a large market is held there, which originated in the 15th century from a privilege granted by the Catholic Monarchs. Today you can find prac-

**FACING** Virgen de La Roca

**BELOW** Views from Monte Sansón





tically anything you want at very reasonable prices: clothes, footwear, kitchenware, home textiles and, especially, food. In the recently renovated PLAZA DE ABASTOS (Food Market), built in the 1950s, and along the entire avenue you will find fresh produce, such as local fruit and vegetables, and, of course, the best fish and seafood in the area.

We now reach the PUENTE DE A RAMALLOSA (bridge of A Ramallosa), which was built in the 12th century as a crossing across the River Miñor on the foundations of an old

Roman bridge destroyed by Almanzor during one of his raids in Galicia. At the midway point, there is a wayside shrine and a calvary with the image of Pedro González, San Telmo, the bishop of Tui and patron saint of sailors. Legend has it that women who were unable to produce a male child had to go to the bridge at midnight and ask the first man who passed by to go down to the river, collect some water, and pour it over her from her neck to her belly. If the miracle of conception happened, the man would then become the newborn boy's godfather.

**BELOW** Puente de A Ramallosa



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