

Get to know
Spain,
discover
galiciá

O Salnés

A scenic view of a rocky coastline in Galicia, Spain. A wooden boardwalk with a railing leads along the shore, passing large, moss-covered rocks. The ocean is visible in the background, and the name 'O Salnés' is written in the sand in the foreground.

Index

Galicia4

Beaches.....6

Islands with charm..... 12

Heritage.....16

Santiago Trail.....26

Gastronomy28

Festivities34

A Magical Land36

Health & Leisure38

Shopping42

Further information at:
Mancomunidad do Salnés
Rúa Nova, 4 - Bajo 36630
Cambados
Tel. +34 986 521 115
Email: info@osalnes.com
www.osalnes.com

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Marina - SANXENXO

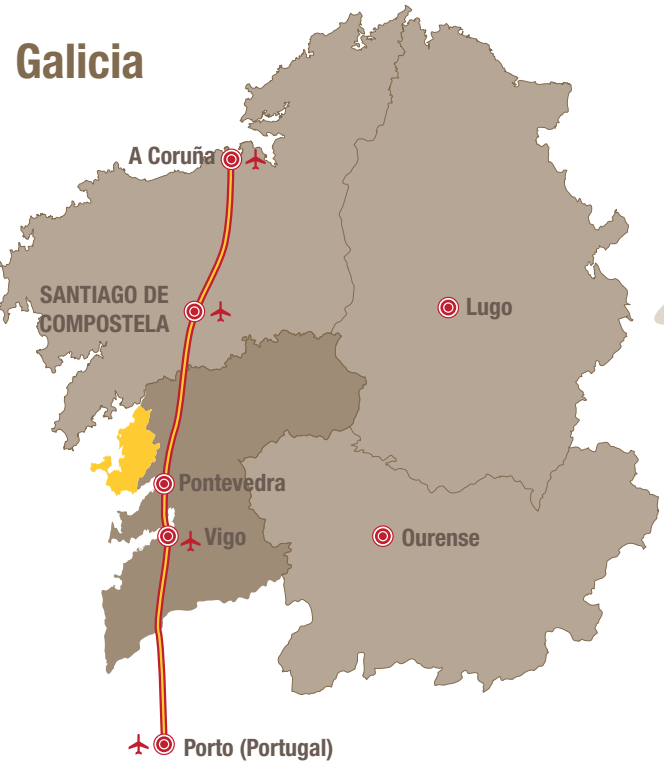


Galicia

It is in the northwest of Spain with a long coastline bordering on the Atlantic Ocean and the Cantabrian Sea. The climate is mild. It has abundant vegetation not to mention a wide variety of autochthonous flora and fauna making it a truly natural paradise.

The O Salnés region can be found in the warmest area and has the most tourist populations in the North West area of the Iberian Peninsula. The place is ideal for discovering the excellence of its beaches and prestigious gastronomy which make it unique.

Galicia



Spain



O Salnés



Beaches



Cíes Islands



Rodas Beach - CÍES ISLANDS

“ *The best beach in the world* ”

Galician beaches boast of special beauty thanks to the fine sand and crystalline waters which define them. These characteristics mean Galicia is privileged to have the best beach in the planet; i.e. Rodas Beach in the Cíes Islands, according to the prestigious newspaper The Guardian.

What truly makes this beach unique is its environment, set in the heart of the Natural Park of the Atlantic Islands with protected bird species and extremely rich seabeds where you can enjoy the Atlantic Ocean horizon over intense turquoise blue waters.

Beaches

The biggest concentration of beaches in all Spain is in Galicia with over 700 beaches to choose from among large spaces to enjoy the sun with kilometres of sand and small coves to enjoy the tranquillity of nature in direct contact with the sea.

The beaches have a complete offer of amenities designed to improve the visitor's stay. You can hire small pleasure boats, enjoy a meal a stone's throw from the beach or relax at any of the numerous terraces located near the promenades.

Moreover, the small coves offer the possibility of relaxing and enjoying the picturesque sea landscapes.



Carreirón Beach - AROUSA ISLAND



A Lanzada Beach - O GROVE

Beaches



“ Among coves and large beaches ”

The large Galician beaches receive thousands of tourists every year to enjoy the sun and warm climate, with temperatures ranging between 25° and 30° C. These conditions make them absolute tourist attraction centres providing different options for: sea, beach and water-sport lovers.

Galicia has 128 blue flags, a fifth of all those awarded to Spain.

Beaches distinguished with this international award stand out for their: waters, sand quality and amenities provided for their users, all synonymous of unquestionable excellence.

Islands with charm

“Luxury on an island”

The Galician coast has numerous islands, some small with a special charm to enjoy their intimacy, while others larger in size let you discover the essence of seafaring customs and traditions.

Undoubtedly La Toja is the biggest reference of the Galician islands. It is considered the ideal destination for excellence tourism offering the possibility of staying at four and five star hotels, likewise numerous activities to do at the spas, golf course, shooting range, and the Great Casino completing a diversified quality offer in a privileged environment.



Gran Hotel La Toja - O GROVE



A Toxa Island - O GROVE

Islands with charm



Air view - AROUSA ISLAND



Areoso Island - AROUSA ISLAND



Sálvora Island

“ Pure nature ”

The National Park of the Atlantic Islands, one of the ten most visited in Spain, is undoubtedly another great example of Galicia's natural wealth and landscape. Six islands make up the complete group, with the outstanding Cíes archipelago enclaved in the most western part of Vigo estuary. It has several beaches of immense beauty, a unique bird sanctuary in the world and seabeds of incalculable value.

The Ons Islands are a real natural paradise with good sea connections and can be visited all year round. Thousands of visitors choose them for their spectacular viewpoints, hiking routes and restaurants offering typical Galician cuisine.

Cortegada Island located just 200 metres from the Vilagarcía de Arousa coast is loaded with history and has the largest laurel forest in Europe.

Arousa Island is the largest in size and population of all Galicia, located in the heart of the estuary of the same name has 5,000 inhabitants. It has natural parks, beaches plus a large fishing and shellfishing fleet with an enormous gastronomic tradition of high quality products.

Heritage

“ Centuries of history ”

A nation's heritage defines its history and identity. Galicia has a wide variety of monuments so one can discover the architectural styles present throughout history in both civilian and religious buildings. Characteristic buildings of this area like the “*pazos*”¹ and “*hórreos*”² are an unmistakeable sign of identity within Spain. The numerous churches and monasteries completing the Galician heritage map are of great importance.

There are also historical monuments like that of Santiago de Compostela or Cambados, converting the city into a veritable monument itself.

These areas contain majestic buildings, small churches and commemorative statues exhibited in the cobbled streets and squares indicating the origin of these settlements. It is precisely these characteristics which make them idyllic scenarios to stroll through and discover their cultural past.

¹ *Pazo* - typical Galician manor house.
² *Hórreo* - typical Galician agricultural building.



Fefiñanes Square - CAMBADOS

Heritage



A Armenteira Monastery - MEIS



A Armenteira Monastery Cloister - MEIS



Windmill Route - MEIS, MEAÑO AND RIBADUMIA

There are beautiful routes in the Salnés Region where you can discover the secrets of the old water mills. You can stroll through paths alongside our riverbanks and enter the leafy forests to discover the most beautiful spots of the inland districts.

You can also visit the over 2000 years' old archaeological remains of the old forts, the vestiges of Celtic settlements in Galicia.

Churches and monasteries of enormous architectural and artistic value are extremely abundant in Galicia. One of the most important is the 12th century Cistercian style Monastery of Armenteira.

This sanctuary is the home of the San Ero legend about a Galician noble to whom the Virgin Mary appeared in dreams entrusting him with the foundation of a temple and his dedication to a monk's life.

Some time later after begging to see Paradise, San Ero became engrossed sitting by a fountain captivated by a birdsong for 300 years. After recovering consciousness he returned to the monastery but was unable to recognise any of his monks, leading him to understand the importance of what had happened.

Numerous fortified towers were built to defend our lands from invasions, mainly Viking.

Heritage

Pazo Rial - VILAGARCÍA DE AROUSA



Pazo de Cuadrante - VILANOVA DE AROUSA



Pazo de Vista Alegre - VILAGARCÍA DE AROUSA



“ Classic luxury ”

One of the most identifying buildings of Galicia is the “Pazo”, an old manor house once the residence of nobles, most of which today are now veritable museums. Generally located in country areas they have well cared for gardens and luxury interior decoration elements.

One of the most important examples is the Pazo de Rubianes, officially acknowledged as one of the three seignories of Spain. It stands out for the incalculable value of its landscape and has become a world reference for lovers of floral varieties like the camellia.

Noteworthy too are the Pazo de Vista Alegre in Vilagarcía and Pazo de Fefiñanes, which gives name to the most square in Cambados whose interior houses gardens, a prestigious Albariño winery and an important heraldic legacy. There is also the Pazo de O Cuadrante, in Vilanova de Arousa, birthplace of the famous writer Ramón María del Valle and today a Museum.

Los Pazos

Pazo de Rubianes - VILAGARCÍA DE AROUSA



Heritage

“ The soul of Galicia ”

Santiago de Compostela is the Galician city which receives the most tourists. It is one of the three most important places of Christian pilgrimage together with Jerusalem and The Vatican.

The deeprooted Christian tradition of this place commemorates the arrival of the remains of James the Apostle for his veneration. Innumerable pilgrims have arrived since the Middle Ages following the stars of the Milky Way to pay tribute to the saintly relics and figure.

There are around twenty different routes all of which converge in the imposing cathedral. Initially shelter and accommodation was provided for visitors. However, with the passing of time, the temple has become an artistic and religious reference where Roman and Baroque styles among others converge each with an architectural jewel like the Portal of Glory and main façade respectively.

Pilgrimage importance acquires its greatest expression during the Jacobean Years (when the Apostle's feast day, 25th July falls on a Sunday) when the number of visitors multiplies and the Holy Door is opened.



Santiago de Compostela

Main façade of the Cathedral and Obradoiro Square - SANTIAGO DE COMPOSTELA

Heritage



Cathedral Interior - SANTIAGO DE COMPOSTELA

There are different official routes, including the noteworthy: French, English, Portuguese, Silver and Sea Trails, whose final destination is the Apostle's crypt and traditional hugging of the saint's figure both found inside the monumental cathedral.

Obradoiro Square with the main façade of the cathedral is the most important in the city, delimited by Fonseca College, home of the very important Compostelana University, Rajoy Palace and Hostel of the Catholic Monarchs.

Equally noteworthy are: the market square, old city market still operational, the Platerías Square or Quintana Square. Undoubtedly walking through the narrow cobbled streets of Santiago is an unforgettable experience.



Portal of Glory - SANTIAGO DE COMPOSTELA

Santiago Trail

“ It will become history ”

In the year 44 A.D., the boat carrying James the Apostle’s body crossed Arousa Estuary heading for Compostela.

His remains after being beheaded in the Holy Land were transported by his disciples, Athanasius and Theodore who “led by an Angel and guided by a star”, reached the Galician coasts entering via Arousa sea heading upstream along Ulla river until reaching Santiago de Compostela.

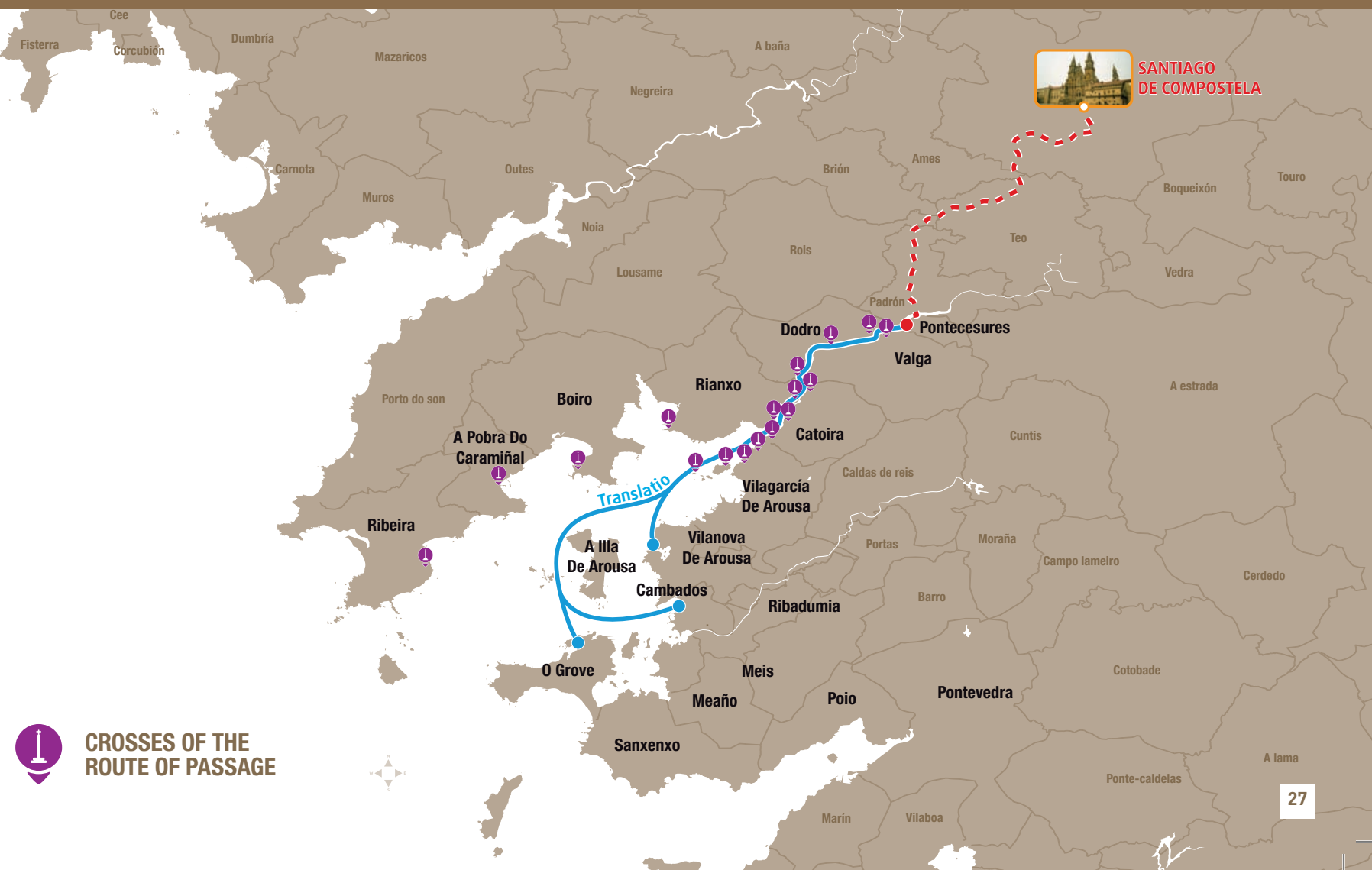
This tradition followed by Christians all around the world has been translated throughout the millenary Jacobean history into a varied iconography representing the Apostle’s final journey from Jaffa (Palestine) to Iria Flavia (today’s village of Padrón). This is the Initial Route of all the Santiago Trails.



WHAT IS THE COMPOSTELA AND HOW TO GET IT?

The “Compostela” is a certificate accrediting a pilgrim reached Santiago. To obtain it you must have travelled the last 100 kilometres on foot or horseback or the last 200 kilometres cycling.

For this credential to be valid it must be stamped twice a day. It can be obtained from the: Pilgrims’ Office, hostels, brotherhoods, association of Trail friends, etc...



Gastronomy



“ *Galicia, good enough to eat* ”

Galician gastronomy is a veritable reference in Spain and the world. It has a wide variety of typical dishes and prime materials of excellent quality. The best chefs have included Galician fish and shellfish in their creations, using traditional recipes and preparing creative combinations in the new cuisine. In addition to this highly characteristic quality, market garden products are also greatly appreciated for their high quality.

All this variety leaves visitors fascinated by the marvellous varied culinary offer, undoubtedly a differentiating characteristic with other tourist destinations, to an extent many claim it is one of the best places in the world to eat.

Galicia has a deeprooted seafaring culture and is one of the main fish and shellfish producers on the planet. A large part of this production is exported abroad.

Worthy of mention too are the river fish, as there are important catch sites in the rivers where they extract highly appreciated fish like lamprey and elvets, undoubtedly the most exquisite and demanded delicacy of the most demanding palates.



Gastronomy

Galician waters are home to over 400 different fish species like: turbot, sole, hake, bass, sardine or ray among others. Many are so important gastronomic feasts are held for their exaltation and are highly appreciated on domestic and international markets. The octopus an icon of Galician gastronomy deserves special mention. In addition to being one of the most widely known dishes, there are numerous ways of cooking it. One of the most traditional and famous presentations is in fact “Galician style”. Top quality shellfish is that caught along the Galician coasts. Experts claim the water conditions, temperature and tides of these seabeds give these crustaceans and bivalves a true sea flavour, and are a reference for the sector.

Top quality dishes completely identifiable with Galicia are: spider crabs, velvet swim crabs, razor fish, clams and above all barnacles, perhaps the most exquisite in taste and definitely the most difficult to catch, since they are born on rocks where there big waves. Furthermore, lives are often risked to extract them.

One of the most obvious examples is the enormous importance of the mussel in the Galician shellfish sector. Arousa Estuary is undoubtedly the most productive worldwide of this mollusc its star product, and the only one with Protected Designation of Origin.



Gran Hotel La Toja - O GROVE

Gastronomy



Pazo de Barón - VILANOVA DE AROUSA



Denomination of Origin Identification Label



Albariña Grape



“ Among the best wines in the world ”

Albariño is considered one of the best white wines in the world. It won an award at the prestigious London competition “International Wine Challenge” out of over 100,000 wines from 40 countries.

It is a white wine between 11% and 13%Vol. It has a fresh mild taste with sufficient body, balanced acidity (between 7 and 9 g/l), ample harmonious nuances with an elegant pleasurable complete aftertaste.

Numerous wineries produce this wine, many of which are in “pazos” with very beautiful gardens surrounded by vineyards growing the Albariña grape autochthonous in Galicia and Rías Baixas Denomination of Origin.

Guided visits are arranged to discover these estates, where they explain the entire production process and perform tastings where you learn how to reveal secrets to differentiate and taste this extraordinary wine.

Festivities

“ *Fun guaranteed* ”

Spain is known worldwide for the number and variety of its celebrations. In Galicia they also combine their own traditions and customs to make them especially unique.

One of the most obvious hallmarks of identity are the gastronomic feasts where the most select delicacies are tasted. There are also numerous festivities linked to the sea due to its constant influence, not to mention unique celebrations in Spain, and many declared National and International Tourist Interest.

Among the most important Galician gastronomic events, whose visitor affluence increases year by year, is the O Grove Shellfish Feast with a tradition of over half a century. It is the most noteworthy celebration of sea products in Spain where diners from around the world congregate.

Another event is the Cambados Albariño Feast, the oldest and most important in Galicia. It has a 60 year tradition and acknowledge as the best wine event of those extant. Stands are installed during several days to taste wines from different wineries of the area. Large concerts are also held with music bands on the international scene.

The Catoira Viking Procession is perhaps the most spectacular in the area recalling Viking incursions in Galicia. An authentic disembarking is recreated with hundreds of participants and a traditional Norse vessel.

The Water Feast in Vilagarcía is the reference whose followers are growing with each edition, and where participants throw thousands of litres of water during what has become the equator during patrón feasts and one of the most noteworthy on the Galician summer calendar.



Magical Land



Making the Galician Queimada

“ Among myths and legends ”

There are innumerable myths and legends in Galician, undoubtedly unreal, which have lasted in time thanks to oral tradition and constant fusion throughout Celtic and Christian history.

HOLY COMPANY

The Holy Company legend is perhaps the most famous and deeprooted in popular Galician culture. A procession of nomadic souls is supposed to exist wandering through village forests covered in white tunics and carrying candles. This procession would take place when an inhabitant was about to leave this world.

MEIGAS

The “*meigas*” were women who could act as healers, soothsayers or even witches. In the past they were responsible for casting spells and eliminating illnesses from the village. The fear and respect they created has lasted for centuries and are the protagonists of multiple legends.

CONXURO DA QUEIMADA³

If there is a famous spell in Galicia which continues being cast today is that of the “*Queimada*”. It came about as protection against evil and evil rites.

Its origin dates back to Celtic ancestors who purified their souls with this beverage. This alcoholic drink made from spirits and sugar is prepared by setting fire to it while reciting a magic spell so the attendees who drink it are safe from evil.

³ *Queimada* - typical Galician drink.

Health and leisure

“ Water paradise ”

Galicia stands out for its complete health and leisure offer. The best example is La Toja Spa, which has therapeutical thermal water coming out at 60°C and containing different mineral salts beneficial for the organism.

Furthermore, the best spas specialised in relaxing and beauty treatments can be found. The Talaso has sea water heated at 36°C and offers different marine based products which have curative and regenerative properties.

Undoubtedly it is the perfect destination for programmes adapted to the needs of each visitor.

A stay in Galicia offers multiple occasions to enjoy your spare time. You can find relax and tranquillity with your family during a whole day in contact with the sea hiring a private boat with crew to discover the most beautiful corners and most spectacular views.



Club Termal Gran Hotel La Toja - O GROVE

Another option is travelling different routes on horseback through inland areas and along the coast enjoying a pleasant experience accompanied by an experienced monitor guiding the handling of these animals to make it an unforgettable experience.

For golf lovers Galicia has large options reserved. Meis has installations which hold international competitions and has become a regional circuit reference with 18 holes. La Toja is a golf course with an intense competition calendar. It meets all the conditions for optimum practice of this sport, both for beginners and more experienced players. These installations have professional golfers available for visitors so they can improve their technique at all levels.



Health and leisure

“ Unique Experiences ”

Galicia is synonymous of active and adventure tourism. There are multiple options like: bungee jumping, paintball or rafting where you can discover extremely beautiful places as well as experimenting new sensations.

Scuba divers will find an attractive scenario to explore new bottoms. You can dive with specialists to discover the autochthonous flora and fauna and even visit the sunken ships lying on the seabed. For beginners there are sea baptisms as their first contact with this discipline.

Surf and kitesurf also have a notable presence on the Galician coasts. You can surf the waves included in the World Circuit heats.

The fun starts when night falls.

One of the most deeprooted traditions is going out for “wines and *tapas*”⁴, a very Spanish custom combining the best national cuisine with the most delicious wines of the area.

An unforgettable evening could be to dine at one of the most distinguished restaurants in the area, with a visit to La Toja Grand Casino as the finishing touch.

To enjoy Spanish nightlife you should go to the crowded pubs and establishment in northern Spain, among which those of Sanxenxo Port stand out.

As an end of festivity, the most recommendable is to visit fashionable discos. The atmosphere is unbeatable and you can reserve VIP areas where the staff will be at your service to satisfy your needs. These establishments usually have the best DJs of the moment.

⁴ Tapas - traditional Spanish bar snacks.



Shopping

“ *The best quality at the best price* ”

Galicia holds the privilege of having the largest shopping mall in Spain and third in Europe. There are numerous shopping malls with thousands of square metres housing hundreds of shops. The most prestigious brands and designer labels are present, sharing space with all the services and amenities for customers to find everything they are looking for.

The shops have highly qualified staff to attend your needs and facilitate shopping. Furthermore, you can hire a “personal shopper” to help you choose among the best establishments in each case, providing personalised image advice.

Galicia is the birthplace of textile empires like ZARA and Massimo Dutti, already present in the largest capitals throughout the planet setting trends in the world of fashion and prêt-à-porter.

This is why you can find innumerable outlets precisely offering these latest fashions.

In common shopping at night is commonplace where the shops remain open until the early hours of the morning, with your stroll through the establishments accompanied with cocktails and the best music of the moment.



Come, Galicia awaits you!

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