



EXPERIENCE: DISCOVERING THE XURÉS

A 7-day tour to explore one of the most unknown areas of Galicia, full of magic, unique nature, and traditions that transcend the Luso-Galician border.

Duration: 7 days, 6 nights

Availability: April to September

Minimum: 4 people

Maximum: 16 people

Restrictions: not suitable for people with reduced mobility

Recommended gear:

- Comfortable and layered mountain clothing (according to the season)
- Suitable mountain footwear
- Sun protection, sunglasses, hat
- Backpack to carry water and food

Includes:

- Guided visits to routes, cultural and natural monuments
- Entrance to monuments
- Fruit, water, and other snacks for the routes

Activity Description:

We will discover the border that unites the neighboring countries of Galicia and Portugal, where the landscape emerges imposingly to show us the wildest side of the nature surrounding this place.

The valleys, crossed by glacial rivers with impressive waterfalls and crystal-clear pools, will invite us to swim, forming the nervous system of these lands. The lush forests will offer us shelter while walking along ancient paths to connect with silence. We will breathe to the rhythm of the heart of the Xurés: its traditions, its history, and its culture.

In these lands, we will admire numerous dolmens in the Leboreiro area and in the Valley of the Salas River (Val da Morte). We will find Castros on the highlands, and learn from the Romans, of whom a unique camp in Europe is preserved. We will learn about their thermal waters and take advantage of that ancient Roman road that connected Braga with Astorga, allowing us to travel to another time, to traditional villages, to collaborative use of communal ovens, granaries, medieval castles, and savor our simple gastronomy, making the Lands of Xurés a unique place.

5 hiking trails:

Vía Nova – Miliarios / Mata da Albergaría and Vía Nova in Gerês / Privileged Path of Couto Mixto / River Path of Río Pacín / Olas of Río Mao.

Cultural heritage and activities:

Visigothic Church Sta Comba de Bande / Vía Nova and Roman Miliarios / Ethnographic Village of Puxedo / Megalithism of "Val da Morte" / Church Sta María la Real, Entrimo / Roman Camp Aquis Querquennis / Mansio Viaria "Aquis Originis" / History of Couto Mixto / Celanova Monastery / Vila do Gerês / popular and religious architecture: mills / wayside crosses, granaries, ovens, threshing floors / thermalism / traditional gastronomy.

Day 1. WELCOME TO XURÉS

Day 2. FOLLOWING THE ROMANS' FOOTSTEPS

Day 3. THROUGH THE LANDS OF GERÊS

Day 4. THE REPUBLIC OF COUTO MIXTO

Day 5. THE PARADISE OF CACHENAS

Day 6. ETNOGRAFÍA E HISTORIA

Day 7. ETHNOGRAPHY AND HISTORY

** This is an activity for people used to hiking of a medium-high level of difficulty. For details of each activity (difficulty, kilometers, elevation gain, additional equipment), contact Ana directly.



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Eco-friendly practices:

Leave No Trace:

This is my core. It involves minimizing environmental and cultural impact by leaving places as they were found. This includes not leaving trash, not disturbing wildlife, and respecting local communities.

Environmental Education:

We provide educational information to visitors about the importance of conservation, biodiversity, and environmental protection.

Responsible Tourism:

We respect local cultural traditions, support local communities, and minimize negative impact on society.

Conservation of the Natural Environment:

We contribute directly to the conservation of natural areas through reforestation, conservation of endangered species, and restoration of damaged ecosystems.

Conservation of the Natural Environment:

Conservation of the Natural Environment: This involves limiting group size, regulating access to sensitive areas, and following predefined routes to minimize disturbance to local fauna and flora.

Promotion of Local and Sustainable Products:

We encourage the use of local and sustainable products in the operation of the company, from food to crafts, contributing to local entrepreneurs and reducing the ecological footprint.

