

# Casa Del Ingles

Luxury Spanish Home



## Local Walking Guide 2019-20

Dear Guests

This booklet contains a guide to some walks we've discovered in the area. We hope you will get out and see just what a fantastic place this.

We've tried to give you a view on the difficulty, access and what you might expect to see, plus an idea of the time you may need.

Instead of taking this guide with you, **we suggest that you either photograph the relevant page(s)** with your smartphone camera – **or look up the file on our website**. That way you've got the information you need, and the guide will be here for other visitors.

We hope you enjoy your time here as much as we do.

Adrian & Jules

[www.luxuryrentalsgalicia.co.uk](http://www.luxuryrentalsgalicia.co.uk)

# Casa Del Ingles

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## 1. The Casa Del Ingles Back Tracks (1 of 2)

- Walk – mostly easy walking on unshaded gravel and grassy tracks that service the wind-turbines
- Distance & Duration – 3 – 4 km ; 60 – 90 minutes easy walking
- Difficulty – easy walking, you might get away with flip flops, but trainers are better
- Start Point – at the house
- Why do it – a perfect morning stroll to start your day, great views and it is right on your door step.



The photographs were taken on an amazing spring morning in March 2016. Starting from the front of the house, go out of the gate and turn immediately left uphill, following the tarmac road path that runs past the side of Casa del Ingles. Pass a couple more houses on your left and after about 100 metres turn right at the T junction, following the tarmac road

After about 50 metres turn left, where the tarmac quickly peters out and you are walking gently uphill on a gravelled track, through trees, with a gully for rain water to your right hand side. Just as you leave the shade of the trees, after about 250 metres you arrive at a fork – with paths going more or less straight on up or to the right over a cattle grid. In front of you is a water-tank.



For a detour of about 1km, if you take the left hand fork (straight on up) you can walk over the top of the small hill for another 500 metres before the path ends. Simply retrace the path back to the fork.

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## 1. The Casa Del Ingles Back Tracks (2 of 2)

Taking the right hand path over the cattle grid you will follow a service track used to get to the electricity pylons. This path is about 2000 metres long and gently winds its way around the edge of the hill behind Casa del Ingles. This is a lovely walk in the morning when the sun is not too hot and the mountains still fresh with dew...

.... After about 11km, on one of the bends it can get a bit muddy after rain s a small stream cross the path, but it is quite easy to step across, and after about another 500 metres there is a much bigger stream. You may choose to turn back here; with care you can step across the stones and the path wind its way up to a pylon after about another 500 metres, with the ground underfoot getting more difficult.... look back down the valley and you will get great views unfolding before you...



Retrace your steps back to the Casa del Ingles.



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## 2. Sendeiro das Estrellas “Walk of the Stars” – (1 of 5)

- Walk – mostly easy walking on well marked paths, but one tricky section and can be muddy after rain
- Distance & Duration – about a 10- 11 km round trip; allow 3 hours or so, more if you wish.
- Difficulty – easy walking, mostly flat, but recommend trainers or trail shoes
- Start Point – at the house
- Why do it – Lots of points of interest, the church, the water mills, a stunning waterfall and a roman bridge.



We did this walk one brooding atmospheric day in May 2016. Starting from the front of the house, go out of the gate, turn right and follow the road down hill. After 100 metres at the T junction, next to the green recycling bins, turn left and after about 30 metres turn right downhill, following a narrow concrete road, with a stone wall on your left hand side and some hedgerows, to you right – towards the house with the new tiled roof



After about 75 metres go past the house on your left and continue until you emerge onto the road. Keeping more or less straight ahead go over the bridge walk steeply uphill following the zig-zag road for about 800 metres between ruins, houses & old Horreos.



Passing a small water tank (often full of frogs in spring) and the local school on your left hand side you will come to a T-junction with the main road through the village. Taking care cross the road, turn left and then almost immediately fork right uphill towards Bar Xestosa. Pass the bar on your right hand side (or stop and have a drink!).



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## 2. Sendeiro das Estrellas "Walk of the Stars" – (2 of 5)

Follow the road up to the church, about another 100 metres or so, stop to admire its bell tower, and then with the follow the road round to the right, keeping the church on your right hand side. In front of you is a wooden sign "Sendeiro das Estrellas" pointing right. Following the sign, a few metres further on is an ancient stone cross.



With the road bearing round to the right, you come to the first of several ancient "Muinos". These typical Galician hydraulic mills were used for everything from irrigation to making flour.



About another 100 metres up the road is another Muinos, this time on your left hand side, complete with a information board about the walk (all in Galician!)



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## 2. Sendeiro das Estrellas “Walk of the Stars” – (3 of 5)

Walking on the road (or on the path by the mills over the scrub to your left) after about 250 metres the road forks next to a large green water tank; Keeping to the left side, with the water tank on your right hand side, the path soon becomes a track. Follow the track for about 400 metres. The main track keeps left gently downhill. Keep your eyes peeled, you are looking for a right hand fork into the woods on a narrow path.



This start of this path is not well marked, but if you do miss it the main path peters out in about 500 metres, so retrace your steps. The path through the woods can be muddy.



The path comes out of the woods after a few hundred metres, head downhill to go through a rusty orange gate. About 50 metres afterwards on the left hand side is a sharp turn – keep your eyes open – the sign is not very obvious. Keep left on the uphill track



After about 50 metres take the right hand path up (following the sign) where you join one of the numerous ancient cart tracks through the hills.

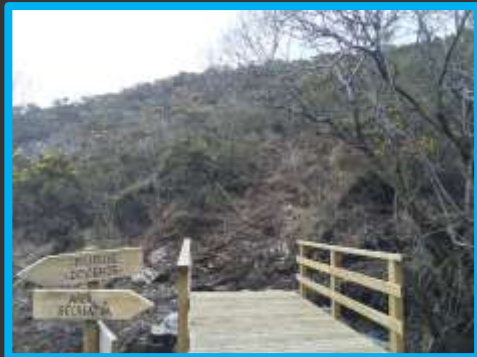
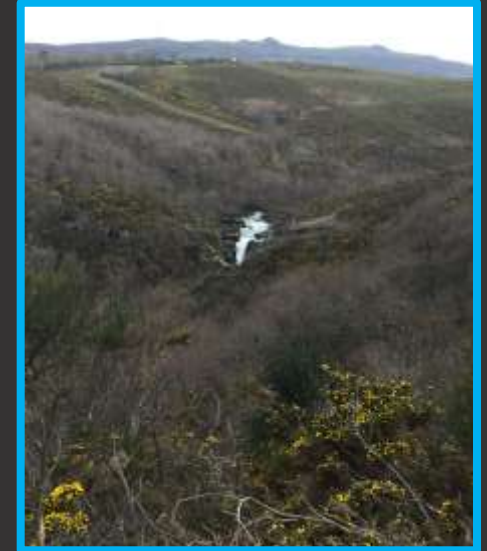
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## 2. Sendeiro das Estrelas “Walk of the Stars” – (4 of 5)

Following the path which skirts the river valley, after about 500 metres you can catch your first glimpse of the waterfall (Cascada). After a further 500 metres you come to a small wooden bridge (this area can be very muddy after rainfall) and here you have a choice: Up and right for about 400 metres takes you to the slightly out of place “Area Recreativa” where you can find benches, tables and grills for barbecuing (not a bad spot in the shade on a hot day)



The better option is left over the bridge to the waterfall (Cascada) which is about a further 400 metres up the track, down a steep slope to the left hand side. A lovely spot, with a rustic viewing area above the powerful waters below.

Climbing back up to the path carry on left and after a further 500 metres you will eventually come to the beautiful hidden roman bridge – the Ponte Abuina. Well worth it.

For the return trip start by retracing your steps along the cart track back to the waterfall.





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## 2. Sendeiro das Estrellas “Walk of the Stars” – (5 of 5)

Retracing the path all the way back along the cart track and over the wooden bridge, keeping right here. At the end of the cart track, squeeze through the narrow gap on your right and in front of you is the rusty orange gate. Go through the gate, walk slightly uphill, and instead of going right, by the big rock, and back through the trees, this time keep to the left, walking steadily up the hill on a wide gassy track.



The path gradually becomes a road and after about 800 metres brings you to T Junction, passing over a cattle grid. Take a right turn here down the hill on the tarmac road.

Then, with the main road curving away to the left, in front of some iron gate with stone gatepost, take the track to the right. On the sheet metal gates to the right is a cow skull, just for decoration!



Finally you come to a fork in the road – both routes work fine – left brings you out just above Bar Xestosa, and the right hand path takes you past the village cemetery, back up to the big green water tank, from here its a short walk back to the Bar.





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## 3. Pazo de Pineiro "Pineiro Reservoir Walk" – (1 of 3)

- Walk – good paths, rocky underfoot; steep in places and exposed with little shade until the reservoir
- Distance & Duration – about a 5 - 6 km round trip; allow 2 – 2.5 hours or so, more if you wish relax by the water.
- Difficulty – medium, most definitely uphill; trainers or trail shoes a must
- Start Point – Pineiro Cemetery, Sat Nav 42°16'38.5"N 8°22'21.9"W about a 15 – 20 minute drive.
- Why do it – great views, and a stunning reservoir at 754m altitude, which is perfect for wild summer swimming.



We did this walk in bright sunshine in March 2016 – it is one of the handful of walks way marked and documented by the Covelo local council. There are maps at the house, but they are not that easy to use. We met a couple of very friendly locals up by the lake who insisted on our drinking their good red wine and eating their wives' excellent home made Tortilla! To get to the start of the walk take the road towards Covelo. In Maceira, turn right (by the Rio Tea Bar) towards the Playa Fluvial (swimming river) and follow the signs to Pineiro. The twisting road take you up high, and just before you reach the village itself, you'll arrive at the cemetery; Park just opposite on some rough ground, by a sign indicating the start of the walk.



Go through the gate, by the trees (remember to shut it behind you). Follow the path uphill, which is gentle at first but gradually get a little steeper.



Stay on the main path, which twist and turns its way up the hill, ignoring any tracks that look like they go off to the left and right. You need to keep on this path for a total of about 1200 metres before turning off....

.... Once above the treeline, around 1000m up the track as it curves round to the right, don't forget to take a minute to look behind you. There are already stunning views.



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The path crosses over a stream and then if you look carefully on your left hand side, just above the path, you can see the remains of a “Chozos” – these are ancient huts used for shelter and warmth by the local cow herders.

## 3. Pazo de Pineiro “Pineiro Reservoir Walk” – (2 of 3)



About 200 metres after the “Chozo”, the path splits. You need to almost double back on yourself going sharp left uphill. The track you have been walking on continues gently downwards.

The photo below shows the turning AFTER you have turned off left, looking back down at the turning. You will have walked up from the path on the right



All around you are almost perfect granite glacial boulders, worn smooth by the wind and rain over thousands of years.

Keep straight on this new path for another 500 metres or so and you will be within striking distance of the reservoir. It is generally grassier under foot, with less exposed rock.





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## 3. Pazo de Pineiro "Pineiro Reservoir Walk" – (3 of 3)

Another 250 metres further up the track you have a choice where the track forks. The main path goes on up to the right, through the trees, whilst the track down to the reservoir goes gently downhill for a few hundred metres.

The picture below shows our fine local hosts we bumped into – hospitality and warmth you simply wouldn't believe, unless of course it happened to you!



If you keep to the main track, then the path traces all the way eventually to the Camp do Fox de Lobo (the Wolf Trap... but that's another story for another walk). To do that would add another 3 hours round trip. But if you walk a further 500 – 800 metres through the trees you get the most spectacular views of the reservoir, as you can see from the photo to the right.

Retrace your steps back to the cemetery ... it's a little quicker going back-down!



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### 4. Puente Perdita – the Lost Peak Walk – (1 of 3)

- Walk – good paths, rocky underfoot; steep in places and exposed with no shade, flatter near the top.
- Distance & Duration – about a 6 – 7 km round trip; allow 2 – 2.5 hours or so.
- Difficulty – medium hard, most definitely a proper hill trek to a summit; trainers or trail shoes a must.
- Start Point – Fofe de Aldea (Upper Fofe) Square, Sat Nav 42°16'57.7"N 8°20'33.8"W about a 15 minute drive.
- Why do it – absolutely stunning views, a genuine peak of 904m. Then head to the “Rectoral” for drinks.

We did this walk in bright sunshine on Christmas Day December 2016 – the weather lower down in the valley had been cloudy, but further up the valley Casa del Ingles and the surrounding hills sat above the cloud layer in stunning winter sunshine for 2 whole weeks. It made for a simply stunning view when we made the top that day. To get to the start of the walk take the car towards Covelo. In Maciera, turn right (by the Rio Tea Bar) towards the Playa Fluvial (swimming river) and then shortly after the you go over the bridge turn right towards Fofe, Campo and A Grana. Ignore the track to your left signed up to the Rectoral de Fofe (although this makes for a great post walk drinks venue!) and instead stay on the road through Fofe de Arriba (lower Fofe) turning left towards the church, just after you leave the lower village. Park in the small village square near the swings.



Start in the square and with your back to the church, walking away from the church about 75 metres towards a single house with a green metal gate on the left hand side of the road, at the end of the village (pictured).

Immediately before the house a rough track turns left sharply up the hill. Take this track and walk for around 800m until you reach a cattle grid and green wire gate. Go over the grid and follow the track to your left going more gently up hill.

A few hundred metres further on the path splits. Down to the left makes for some pleasant additional walking, but there is nothing especially interesting awaiting you down here, but you can add 2km to your hike. The main path to the summit goes up and to the right.





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## 4. Puente Perdita – the Lost Peak Walk – (2 of 3)

The rocky path keep rising, twisting round one corner after another. There are already some great views to your right.

You pass a small arrow on your right hand side points to the left and marks the position of a cross in the rocks, but we've never managed to spot it – if you do find it, please take a picture and send it to us!

Keep on going up! Several hundred metres will have passed by .



Eventually the path turns to the left, over some smooth granite rocks (pictured) – the path is much flatter now and eventually comes out onto a peaty alpine meadow.

You can follow the path to the right of some rocks and through to the left of the meadow. The peak is visible now and it is easy to follow the thin worn footpath through the heather and gorse to the smooth granite boulders that form the exposed peak.



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## 4. Puenta Perdita – the Lost Peak Walk – (3 of 3)

There are several reasonably well marked routes through the rocks, you may need to scramble on one or two to get to the highest point, but its relatively easy going.

There is a trigonometry point on top of the rock marking the high point and on a clear day you can see more than 30km all the way to Vigo. On the day we took these photos the cloud looked like a sea, blanketing the valley below.... Quite simply amazing....

We'd heard about this route, but only found it through a matter of trial and error – perhaps that's why its called the "Lost Peak"...

....retrace your steps to return to the car...





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## 5. Foxo de Lobo de Campo – The Wolf Trap Walk – (1 of 2)

- Walk – good paths, well marked, stony underfoot; steep in places & exposed no shade.
- Distance & Duration – a 15km round trip; allow 3 – 3.5 hours or so.
- Difficulty – medium, another proper trek, but very good paths; trainers, trail shoes or boots in wet weather.
- Start about 1km past Campo on the PO-9303, Sat Nav 42°17'37.7"N 8°19'51.7"W about a 20 minute drive.
- Why do it – amazing pieces of rural architecture – a genuine medieval wolf trap - one of only 2 in Galicia..

There are two routes to the Wolf Trap – both worth doing and both well signed. This is the Southern route (We're yet to document the Northern route, except to say I've run and walked it many times.) This route is the longer of the two and involves more climbing, but is very pretty, and the wolf trap itself is amazing. Well worth the walk. We did this walk in early January 2018 after a period of intense rain; it was still cloudy and quite chilly, but we had some sunshine to keep spirits up.

To get to the start of the walk take the car towards Covelo. In Maciera, turn right (by the Rio Tea Bar) towards the Playa Fluvial (swimming river) and then shortly after the you go over the bridge turn right towards Fofe, Campo and A Grana. Ignore the track to your left signed up to the Rectoral de Fofe (although this makes for a great post walk drinks venue!) and instead stay on the road through Fofe de Arriba (Lower Fofe), then through Campo with its lovely church and about 1km further on watch out for a wide gravel track on your left with a sign board giving you some information about the walk. We parked the car on the roadside a few hundred metres further up under some trees .

Take the track on the left, with the sign board just to the right of the path. Follow the track steeply uphill as it bends first right and then left through pine trees... after about 1.25km arriving at some rural farm buildings where the path forks either side of the buildings. ... take the left hand fork with the buildings on your right hand side...



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## 5. Foxo do Lobo de Campo – Wolf Trap Walk – (2 of 2)

Once you've gone past the farm buildings its pretty much one route to the top... ignore any yellow and white path markers taking you off the main path.... Whilst they do mark an alternative route, the going can be wet and is poorly signed in parts; best to stay on the main track in our opinion.

The path twists and turns, undulating, but mostly climbing, steeply in places, for the first 5 km or so before flattening out as you get to the peat moors nearer the top. Eventually, after about 6.5km your path merges with a wide track coming in from the right, You continue almost straight ahead, but a little to the left... You pass an information board on your right telling you about all the amphibians on the Sierra Do Suedo region; The small pond behind the wire is full of frogs and other pond life in Spring.



Near this sign a wide path joins from the left; Ignore this and keep straight on in a gentle V-shaped valley. The path is still very well marked, but more sandy underfoot and a little narrower...

After about a further kilometre you come to a clearing and a stone hut. This is a Chozas, many hundred of years old, these are traditional shelters used by cow herders. The stone walls of the trap form a V shape and were used to drive the wolves to their death in the stone pit.

Retrace your steps back to the start.





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### 6. Pedrosa & the Parque Eolico - "Walking with Windmills" – (1 of 3)

- Walk – very good paths, generally sand or gravel underfoot; steep at the start and near the peaks.
- Distance & Duration – a 15km round trip; allow 3.5 – 4 hours or so, more if you wish to explore the windmills.
- Difficulty – medium, but not hard; most definitely uphill; trainers or trail shoes a must; we walked in boots
- Start Point – the hamlet of Alen, Sat Nav 42°15'03.8"N 8°17'15.5"W about a 12 minute drive.
- Why do it – great views all the way, a 1,075m peaks, and wander amongst hundreds of other-worldly windmills.

After an intense period of winter weather in 2018 (rain, snow, hail, wind) this was the first chance we had to head on out.... 1st April 2018 was mostly cloudy with only a little wind at the start, but as always with the hills, it was very windy at the peak. Once you get up to the tops there a lots of options; the service roads to the windmills make for fine walking.... There is a route directly from the house, but it is very steep and not that easy to navigate for those not familiar with the hills. This option is a good compromise – easy to get to the start and a straight forward path.



From the house drive toward to A Caniza. 1km after you have turned left at the T junction with the N120, take a right turn towards A Ponte Deva (Bridge over the Deva) and the hamlet of Alen. Drive for about 1500,, keeping to the left at the only junction you come across. We parked just before the bridge.

With the bridge directly behind you walk immediately uphill on the tarmac road splits; After about 200 metres take the left hand fork – the tarmac here is slightly older. Continue through the trees.

A little further on you pas a yellow and black metal gate to a farmers compound on the right. The path here turns to a gravel and rocky path winding its way up through the fir trees. Quite steeply at first. There are several S bends and the path quickly gains height before levelling out amongst the trees gently curving around the hills contours.



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Following the wide path, which becomes more sandy than rocky, through the trees, ignore a path that come in from the right after about 3km. Keep left through the fir trees.

## 6. Pedrosa & the Parque Eolico - "Walking with Windmills" – (2 of 3)



Eventually, after about 4.5km in total you will come to rusty welded steel fence, running for about 75 metres on your right hand side. Just ahead are some rural cattle sheds used by the hill farmers.

Take the path sharp left, just before the buildings, almost doubling back on yourself. Head up the hill on a smooth wide track, one of the windmill service roads.



After about 5.5km you starting walking right beside the massive wind turbines. They put them here for a reason – even on a relatively still day down in the valleys its usually very windy up here – come prepared!

The road, mostly flat, twists and turns for another 1.5km or so before coming to a junction with a road sign. There are amazing views of Portugal to your right; the Peneda-Geres National Park.





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## 6. Pedrosa & the Parque Eolico - "Walking with Windmills" – (3 of 3)

With the back of the sign to your right, keep left and go uphill. The road bends to the left and after another 500 meters you come to the not so pretty, but still sort of impressive electricity generating station.

The road goes to the left of the station and here you have a couple of choices. You could take the road right, round the back of the station and up towards the Faro de Avion – the highest peak of them all at 1150m..



Its about another 4 km to that peak, so allow another 2 hours round trip if you decide to have a go at that one.

We took the left hand path, a steep uphill climb of about 750m to the Pedrosa Peak, neatly marked by the "Club Montaneiros Celtas" at 1,075m (3,526 ft). Well worth the walk up.

We retraced our steps back to our car; a round trip of just over 15km in 3 hours.



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## 7 The Balancing Stones - “Os Penedos da Picaraña”

- Walk – very well marked woodland trails, generally sand or gravel underfoot; undulating throughout.
- Distance & Duration – an 8km circular trail; allow 2 – 2.5 hours or so – Our walk was in November 2019.
- Difficulty – easy to medium; a few short stiff climbs; trainers or trail advisable which is what we walked in
- Start Point – the hamlet of Arcos nr Sat Nav 42°10'47.5"N 8°28'57.5"W about a 20 minute drive.
- Why do it – really interesting walk which always seems to have another surprise around the corner.

The best place to start (and finish) is at the village of Arcos “Casa du Cultura” (cultural Centre). Whilst it is debatable what is cultural about it, there is ample parking and a small bar which seems almost entirely devoted to the walk. This is just off the N-120 about 2km before you get to Pontecareas. The best landmark is a Kia Garage / Showroom on the left hand side of the N120 which is immediately opposite the right hand turn left hand up to Arcos.



Walk up the road for about 400m, following the signs to the “Pena do Equilibrio”. You will soon get to the famous stone. (You can pick up a map at the Casa Cultura but you won't really need it.)

The walk proper is well marked and you will pick up signs just a few hundred metres up the road. This is a national trail and way markings follow national convention.

The main features of this walk are the amazing ice age boulders scattered around the hillside, with a few interesting religious icons and stone crosses thrown in for good measure. There are more than 20 stones marked as specific points of interest.





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## 8. Marked Walking Routes Nearby – (1 of 1)

### A. Ruta da AQA – “the Water Walk” – Maceria, Covelo

- Walk – good paths, through the river valley, lots of shade, but can be very very muddy after rain;
- Distance & Duration – 15.6km circular walk; allow 5 hours or so.
- Difficulty – medium, some stiff steps, and the walk undulates a little.
- Start Point – We park at the Watermill, just before Maceira, Sat Nav 42°16'00.4"N 8°20'32.6"W a 10 minute drive away.
- Why do it – lovely shaded river valley, typical Galician landscapes, 2 refreshment points, and a marked route.

We have walked this route a couple of times but have not yet photographed it. It is highly recommended and there are maps at Casa del Ingles. You can also start and finish at the Rectoral de Fofe. 7km of the route is also covered by the PRG-95 – a national trail called the “Sendeiro os Carrenos”.

### B. Ruta da Xabrina – “the Xabrina River Route” – Portocortinas, Covelo

- Walk – well marked paths, villages, hillsides and wonderful river valleys; plenty of shade, but very muddy after rain
- Distance & Duration – 17km out and back along opposite banks of the river; allow 5 hours or so.
- Difficulty – medium, some stiff steps, and the walk undulates a little, but nothing technical.
- Start Point – In the small square in the hamlet of Portocortinas 42°12'13.1"N 8°23'13.9"W – a 20 minute drive away.
- Why do it – quite simply superb. lovely shaded river valley, ruins (hundreds of them), pretty villages and a well marked route.

We have walked this route only once, but it is quite simply OUTSTANDING – if you only have the inclination and energy for one long walk, then this is it, you will not regret it. We still need to photograph it, which we will do. There is a map in a booklet at Casa del Ingles, and there is an information board at the start of the walk. Itself.

