R1

LITORAL DA BIODIVERSIDADE

Track: Parque da Rúa (Miño) > Porto de Miño > Praia da Ribeira > Senda dos Sentidos > Praia da Alameda (marsh, dunes and walkways) > A Ponte do Porco > Parque da Rúa (Miño).

Round trip length: 6,40 km., consult link to R2 Beiras do Lambre e Muíños do río Medio.

Type: Linear route (3,20 km. one way).

Level of difficulty: Low

Estimated duration of the round trip: 1 hour and 45 minutes

We leave the Parque da Rúa (km 0) and go down the Estrada da Praia to the big white letters of Miño where we turn left towards the Marina. At the **Parque Infantil** we see the sign of the route and follow the **promenade** of **Praia da Ribeira**. This sandy area has a large intertidal zone that attracts aquatic birds. It is frequented by herons, cormorants and passing birds as its **panel** shows.



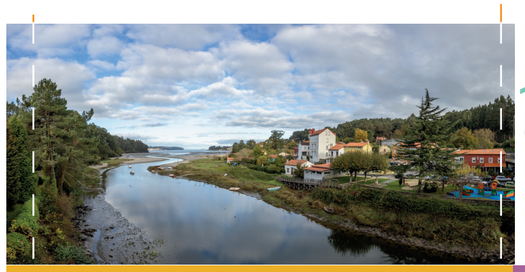
We turn left towards the sign for the Senda dos Sentidos at the end of the walk, a Special Area of Conservation **ZEC Betanzos - Mandeo** within the **Red Natura 2000**. The **panel** of the route shows the points of interest. We snake along the orography between tunnels of **blackthorn and hawthorn trees** that shelter the birds and we listen to the chirping of the european stonechat and reeds. The scent of the laurels mingles with that of the sea. What marvellous views from the **viewpoints** of Ondalonga, do Salgueiro, dos Loureiros, do Carballo and da Punta do Gafo.



We go down some steps to the sandy area. We cross the Praia da Alameda (beach). Rushes and bulrushes grow near the dune system. On the **walkways** we find a **giant eucalyptus tree**, it results perfect for embracing nature. The **panels** indicate the environmental importance of this area.

We arrive at A Ponte do Porco (3.4 km), with the **Monumento aos Andrade** and its wild boar emblem of this feudal family linked to the **Tareixa e Roxin Roxal legend**, which is detailed on the **panels**. The name of A **Ponte do Porco** comes from the boar's head shown on its old bridge. The **Marismas do Lambre** (marshes of the Lambre river) provides food for waders: sandpipers, curlews... The Lambre shapes the **estuary**, turning it into a magical corner.

From A Ponte do Porco we retrace our steps or link to R2 route Beiras do Lambre e Muíños do río Medio.



R2

BEIRAS DO RÍO LAMBRE E MUÍÑOS DO RÍO MEDIO

Track: Ponte do Porco > Estrada do Lambre CP-4804 > Ruta dos Muíños do río Medio > Ponte do Porco

Round trip distance: 14 km.

Type: Linear route (7 km. one way).

Level of difficulty: Medium to high.

Estimated duration of the round trip: 3 hour and a 15 minutes



To get from Miño to A Ponte do Porco by car follow the signs on the N-VI Road. If you are on foot, follow the R1 Route or the Camino Inglés (English Way).

A Ponte do Porco (Km 0) is located at the **mouth of the Lambre River**. Its legend explains how **Roxín Roxal** slit here the throat of the boar which killed his beloved **Tareixa**. We can see the **Monumento aos Andrade** in the centre of the square in honour of Fernán Pérez de Andrade O Boo. A **panel** explains its history and points of interest. We are in the Special Conservation Area **ZEC Betanzos - Mandeo**, within the **Red Natura 2000**. The environment of the **dunes and Marismas do Lambre** (marshes of the Lambre River) are visited by a varied fauna among which we highlight the oystercatcher or the otter.

We start the easiest part of the route, **As Beiras do Lambre (banks of the Lambre River), along the CP-4804 Road which goes parallel to the river and is well asphalted**. It has tunnels of trees that will astonish you. **We follow the Camino Inglés de Santiago (English Pilgrims' Way to Santiago) until it crosses the Ponte do Lambre (Lambre Bridge) (1.5 km), where we say goodbye to it and we continue along the road following the signs.**

The **Camino Inglés to Santiago (English Way)** begins in the northern ports of the province of A Coruña towards Compostela. Miño is located at kilometre 80 of the 122 kilometres of the English Way coming from Ferrol.

Os Muíños do río Medio (Mills of the Medio River) is the second part of the route, which is somewhat more demanding due to its slopes. It begins at the Goimil mini-power station (6 km), on the left of the road. There is **a panel** describing the route. As we enter the **riverbank forest** we find **the mills**: Graña, Albeiro, Amado and Miño. The surroundings are spectacular: stones with lichen and ferns, meanders and waterfalls... These mills were owned by the community and used in shifts. When we look at them we can imagine those hard days of milling where music and fun created unforgettable moments after the harvest.



We finish the route at the Capela de Guadalupe, with the cruceiro (typical Galician Stone Cross) and fuente de Augas Santas (holy water fountain), where the pilgrims used to ward off envy and the evil eye. An information **panel** describes the flora and fauna.

From here we return to A Ponte do Porco.

R3

DUNAS E MARISMAS DO BAXOI

Track: Parque da Rúa (Miño) > Praia Grande (Promenade, dunes and Marshes) > Senda das Marismas do Baxoi > Ponte Baxoi > Camiño Inglés > Parque da Rúa (Miño)

Round trip length: 7 km.

Type: Circular route.

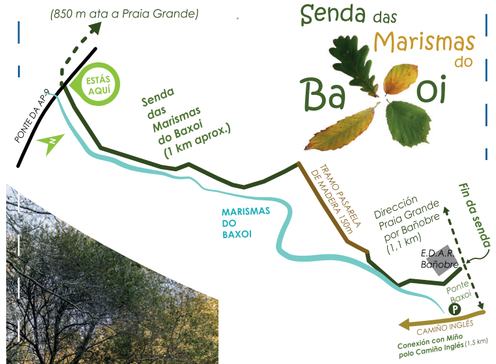
Level of difficulty: Medium.

Estimated duration of the roundtrip: 1 hour and 45 minutes

We start from the Parque da Rúa (Km 0) and we go down to Praia Grande de Miño. We go along the Praia Grande between dunes and marshes, until we cross the bridge over the Baxoi River (2.2 km.). The **dune system** runs parallel to the coast and has been declared a hábitat de interés comunitario europeo (habitat of community interest in Europe) because of its biodiversity and geomorphological value. The barron or reed grows here fixing the soil and supporting strong winds and high salinity. This environment is visited by cormorants, gulls and herons.



We turn right towards Bañobre just after the bridge until we find the sign with the detour to the **Senda das Marismas do río Baxoi (dunes and marshes of Baxoi river)** (**3 km.), which is announced with a sign at the entrance, under the pillars of the highway.** We enter an area of meanders full of silty bottoms and reeds that mix fresh and salt water, feeding groups of waders and ducks. We enjoy the beauty of this landscape from its benches. **We cross a footbridge of 150 m. to circumvent the flooded area.**





The path leads to DP-4801 Road (4.1 km.), then we turn right and walk 200 m. to the rest area of the Camino Inglés (English Way) of A Ponte Baxoi. Miño has the privilege of belonging to the **Camino Inglés to Santiago de Compostela**, being located in the kilometre 80 of the 122 km. of this way that starts from the Ferrol dock.

We find Medieval Bridge of **A Ponte Baxoi**, one of the seven bridges built by Fernán Pérez de Andrade O Boo. It has a **rest area with a fountain.** It´s a bewitching place to regain strength for the way.

We follow the Camino Inglés to Miño from the Medieval Bridge of A Ponte Baxoi and we continue on the indications to the tourist office, ubicated next to the Parque da Rúa.



R4

RIBEIRAS DO XARÍO E BAXOI UNIDAS POLO CAMIÑO INGLÉS

Track: Parque da Rúa (Miño) > Praia Grande > Fraga do Xarío > Senda dos Muíños do Xarío > Camiño Inglés > Ponte Baxoi > Senda das Marismas do Baxoi > Praia Grande > Parque da Rúa (Miño)

Round trip length: 9 km.

Type: Circular route.

Level of difficulty: Medium to high.

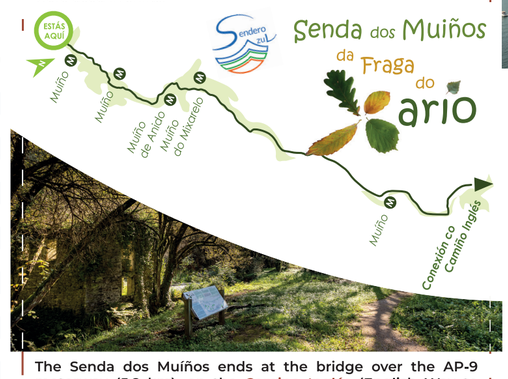
Estimated duration of the round trip: 2 hour and a 15 minutes



We leave the Parque da Rúa (km 0), we go down the Estrada da Praia to the Praia Grande de Miño and we pass the bridge of **Baxoi River** and its beautiful views over the **dune complex** protected as a Hábitat de Interés Comunitario en Europa (habitat of Community interest in Europe). **We cross the road when we see on the right the sign for the entrance to Fraga do Xarío (2.5 km.).(Typical Galician wood at the Xarío river).**

The Xarío River flows into the final stretch of the Marismas do río Baxoi (marshes of the Baxoi river), which form an **estuary** of great natural value. We enter the **Fraga do Xarío**, crossing footbridges and pontoons. An astonishing landscape full of of birch, hazelnut, and laurel trees. Take a breath and listen to the singing birds: robins, bee-eaters... Lichens, mosses and mushrooms are everywhere. The old structure of the **Casa Grande de Ginés**, a former mill-dwelling, reflects the traces of the past.

The arrow leads us to the railway tunnel, which we cross to reach the Senda dos Muíños da Fraga do Xarío (path of t,he mills of Xarío river) (2.9 km.). A two-kilometre trail that runs along the five witnesses of the passage of time who are asleep on the riverbanks: the Allegue mill, which conserves part of the water supply, the Bedoya - Anido mill, the Anido mill, the Mixarelo mill and the Fraga mill. All of them had communal property and were used in shifts.



The Senda dos Muíños ends at the bridge over the AP-9 motorway (5.2 km), on the Camino Inglés (English Way to Santiago) to which Miño has the privilege of belonging. **We visit the village of Viadeiro and arrive at A Ponte Baxoi (8.4 km.)**, the medieval bridge over the Baxoi River which dates back to the 14th century and which has a **rest area with fountain** where we can regain our strength. **We leave the Camino Inglés de Santiago to continue towards Bañobre until we see the signposted entrance to the Senda das Marismas do Baxoi** (Bank of the Baxoi river) (8.5 km). We enjoy the scenery of the **riverside forest** sitting on its banks. The river channels flooded with the tide are home to a large number of birds.

We finish the route of the Marismas do río Baxoi (marshes of Baxoi River) under the pillars of the motorway (9.2 km). We descend 850 m. until we reach Praia Grande and return to the starting point.

R5

LITORAL DAS CINCO PRAIAS

Track: Parque da Rúa (Miño) > Praia da Ribeira > Praia Grande (promenade, dunes and marshes) > Praia de Lago > Praia de Marín > Praia de Perbes-Andahío > Parque da Rúa (Miño)

Round trip distance: 9,6 km.

Type: Linear route (4,8 km. one way).

Level of difficulty: Low level.

Estimated duration of the roundtrip: 2 hours.

Miño is privileged by the strength of its nature, highlighted by its coastline, beaches and numerous rivers, which we will enjoy on this section. The Miño coast has **six sandy beaches: A Alameda, A Ribeira, Praia Grande, Lago, Marín and Perbes - Andahío.** On this route we will cover five of them.

We start the route at the Parque da Rúa (km 0), and go down the Estrada da Praia, where we will enjoy the **viewpoint** over the **Praia da Ribeira**, a beautiful spot to take a snapshot. We continue along **Praia Grande**, walking along the sandy area until we reach **the mouth of the Baxoi River** (2.2 km).



The **Praia Grande de Miño**,1.4 km long, has a **dune belt** that runs parallel to the coast, protected as a Hábitat de Interés Comunitario en Europa (habitat of Community interest in Europe). Among its vegetation we find the barron, a plant that fixes the ground, highly adapted to saltpetre and wind.

We reach the bridge over the mouth of the Baxoi River (2.2 km.) from the beach promenade of Praia Grande. The **ríos Baxoi, Xarío and Grande (rivers)** bring sediments to the dune system and feed the marshes at the **Bañobre estuary,**



As marismas do río Baxoi (The marshes of the Baxoi River) belong to the core area of the **Reserva da Biosfera Mariñas Coruñesas e Terras do Mandeo (Biosphere Reserve)**. The bottoms of its channels are a magnet for birds such as waders and ducks.

We continue along the road to praia de Lago (2.9 km.), a sandy area surrounded by trees, which at high tide turns into a very pretty cove. **We pass the praia de Marín (4.2 km.)**, with vegetation enveloping the sand. It has a viewpoint from where we can enjoy the georgeous views over the **Ría de Ares y Betanzos**, in the middle of the **Golfo Ártabro**. **We head towards the fifth beach on our route,** the **praia de Perbes-Andahío (4.8 km.)** with the beautiful swaying of the boats on their moorings. This beach is the closest to the **illas do Carbón**, which decorate the wide horizon and adorn the Miño sunsets.

From Perbes we return to Miño, to Parque da Rúa, our starting point.



A LOT TO WALK

Miño's Council trail network

www.turismodemiño.com



FOLLOW THE WAY TRAIL

wikiloc

More info in the trail section of the Miño Tourism website:
www.turismodemiño.com

@minoturismo

Turismo de Miño (A Coruña)

Concello de Miño

MIÑO Concello de Benfacer

EN CAMIÑO

Deputación DA CORUÑA

VIRA VIRA ESTUDIO

More info in the trail section of the Miño Tourism website:
www.turismodemiño.com

Oficina de turismo

Parque de A Ruá

Rúa Fonte

Rúa Paradiñeira

Rúa Granada

Calle Rúa

Rúa Estrada Praia

Río Lambre

Praia da Alameda

PONTE DO PORCO

Praia pequena

Porto de Miño

MIÑO

A RECUEIRA

BRA

SOMBREU

A TORRE

BEIMANTES

O LOUREIRO

PADRÍN

ANSIMONDE

O SOUTO

O REGUEIXO

A CACHUFEIRA

RETRIZ

CALLOBRE

ANIDO

A BREA

A BARBETTA

VIGO

POUSADOIRA

A GRAÑA

SANTA UXÍA

Río Grande

Monte Gallamonde

A FOLGUEIRA

O CHAO

BARCIA

O CANCELO

A PRATA

Río Baxoi

O BULLO

PONTE BAXOI

TRASDORRA

LAMELAS

LEIRO

BANOBRE

Praia Grande

Praia de Lago

Río Baxoi

Monte Aguieiro

O PICO

O XUNCAL

O PENEDO

PORTOVELLO

AS PEDROSAS

BREANCA DE ABAIXO

O ESCORIAL

A FONTELA

OS CASTROS

A TORREIONGA

O FONTAO

A LAMEIRA

CARANTOÑA

COIDO

A GRANXA

A CASILLA

VIADEIRO

CASTRO

Río Xarfo

Monte Agudo

Praia de Marín

Illas Carbón

Praia de Perbes

PERBES

COSTA MIÑO

OMBRE

A PICOTA

A MODIA

O VALCOTE

A GRAÑA

O COUTO

BUÍÑA

BERRUCUEIRAS

SAN BOLLO

NIGROFE

A GRANXA

BOLLO

VILANOVA

O FONDAL

A LOT TO WALK

Miño

R1 LITORAL DA BIODIVERSIDADE

R2 BEIRAS DO RÍO LAMBRE E MUÍÑOS DO RÍO MEDIO

R3 DUNAS E MARISMA DO BAXOI

R4 RIBEIRAS DO XARÍO E BAXOI UNIDAS POLO CAMIÑO INGLÉS

R5 LITORAL DAS CINCO PRAIAS