

O EIXO STREET



2 COUNTRIES
1 DESTINATION

GETTING TO KNOW THE EIXO



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EIXO ATLÂNTICO
DO NOROESTE PENINSULAR

GETTING TO KNOW THE EIXO



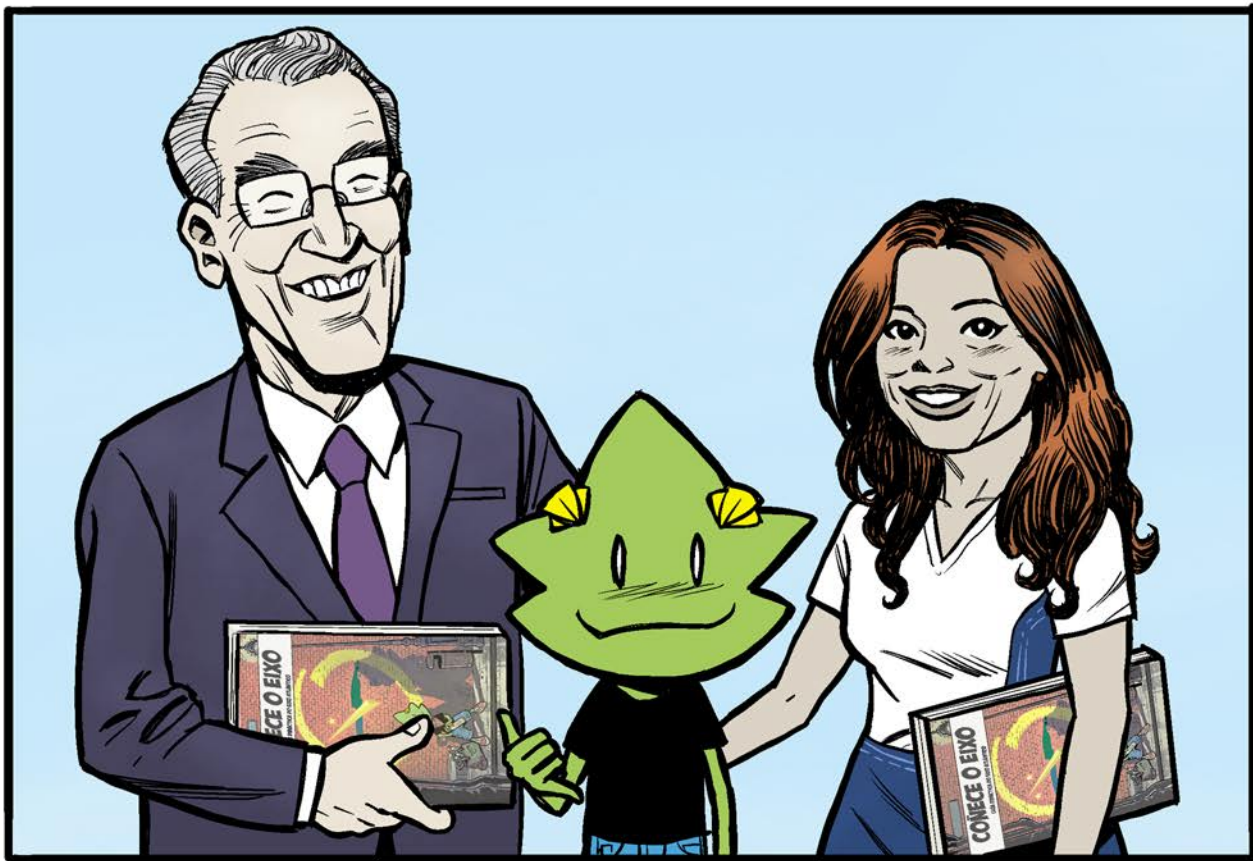
Interreg
España - Portugal



UNIÃO EUROPEIA
UNIÓN EUROPEA

Fondo Europeo de Desarrollo Regional
Fundo Europeu de Desenvolvimento Regional

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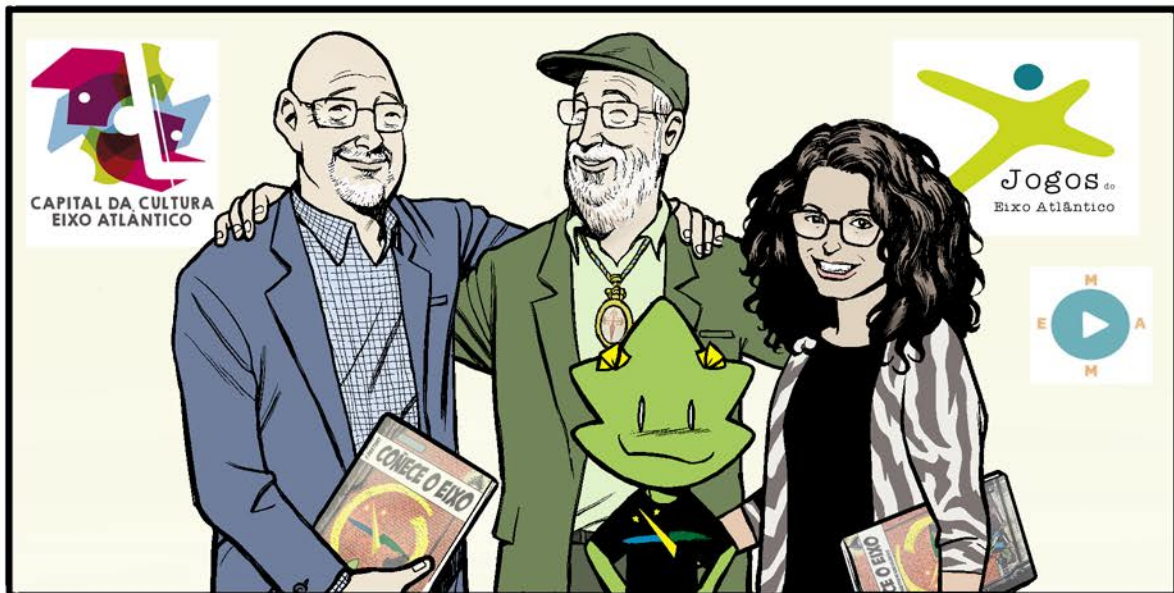
The sense of European citizenship or the sense of Euroregion citizenship, which always go hand in hand, must be fostered at school from the very beginning. That is why one of the programmes promoted by the Eixo Atlântico are school exchanges, so that the young people who are living in one of our cities can visit the others and feel them as their own. There are very few languages which can reach the students in such an efficient way as comics do. The visual language is supported by art and therefore by culture as well. And that is the reason why you are holding a work of art and a teaching guide for students in your hands.

But as a work of art, we also consider that it can be an excellent visual travel guide that encourage the readers to visit the Euroregion and all the wonderful sites that every city has to offer. We remain confident that you will enjoy it and we also hope that we have achieved our goal.

Kind regards,

*Alfredo García,
Presidente do Eixo Atlântico*

*Luísa Salgueiro,
Vicepresident of Eixo Atlântico*



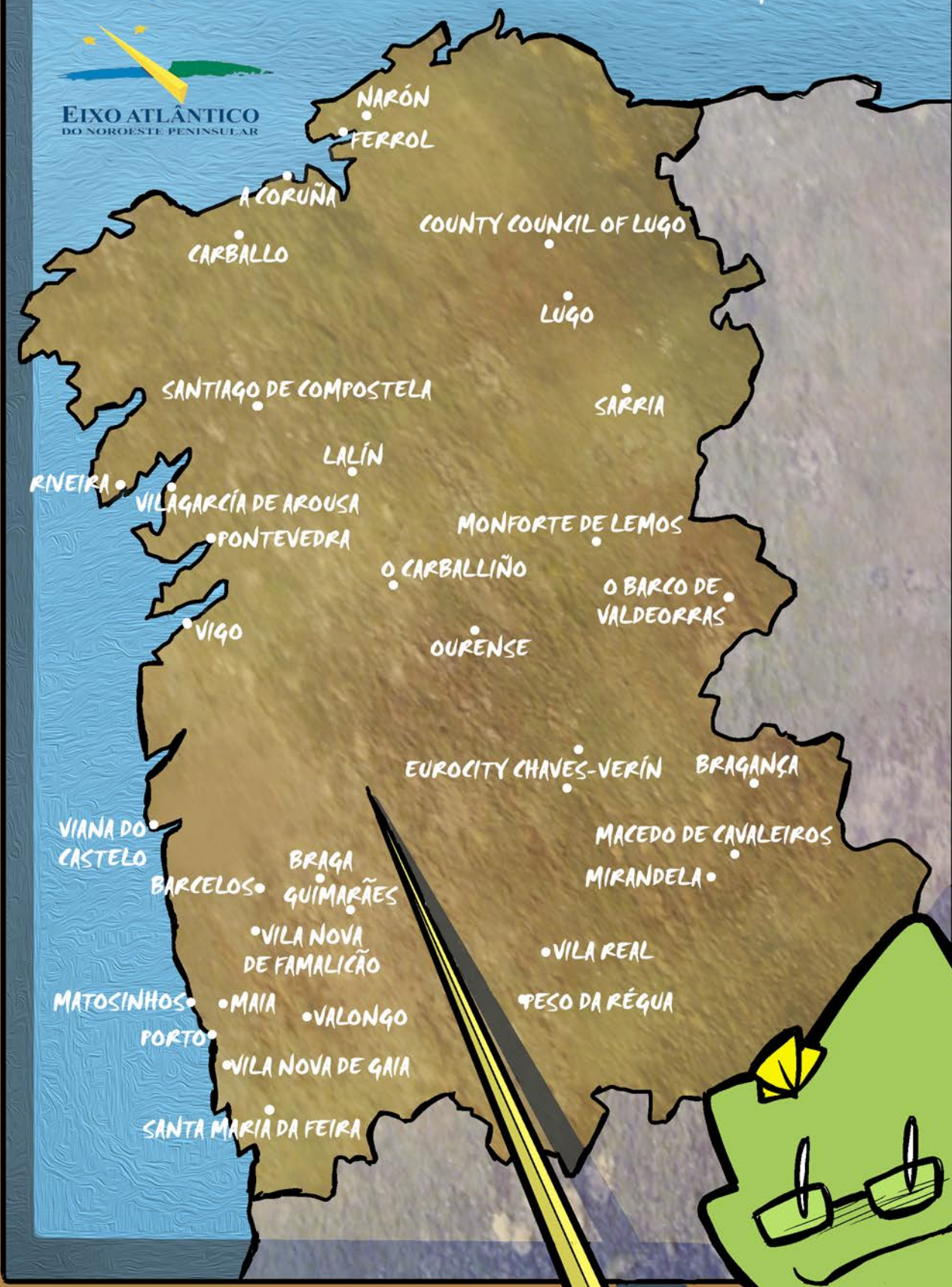
The Eixo Atlântico do Noroeste Peninsular is a transborder association of local councils from the Galicia-Northern Portugal Euroregion, which was born in 1992. There were 13 founding cities but we have been growing for more than 25 years until reaching the 36 entities that nowadays belong to the Eixo and represent a global population of over 7 million people as a whole.

*Our main goal is promoting transborder cooperation; that is, getting the cities placed on both sides of the border to work together and to position themselves as the leading actors in the European Union. We encourage different areas of development: sport development programmes with sports games such as *Xogos do Eixo*; the field of culture and education is also supported by the Capital City of Culture, the Biennial Painting event and our Musical Exhibition; finally transborder tourism is encouraged by the proximity tourism fair *Expocidades (Expocities)*.*

Moreover, we play a significant role as the leading promoter of initiatives to defend the interests of the citizens; for example the campaign to abolish roaming or the defence campaign of infrastructures and railway among many others.

MAP OF THE EUROREGION

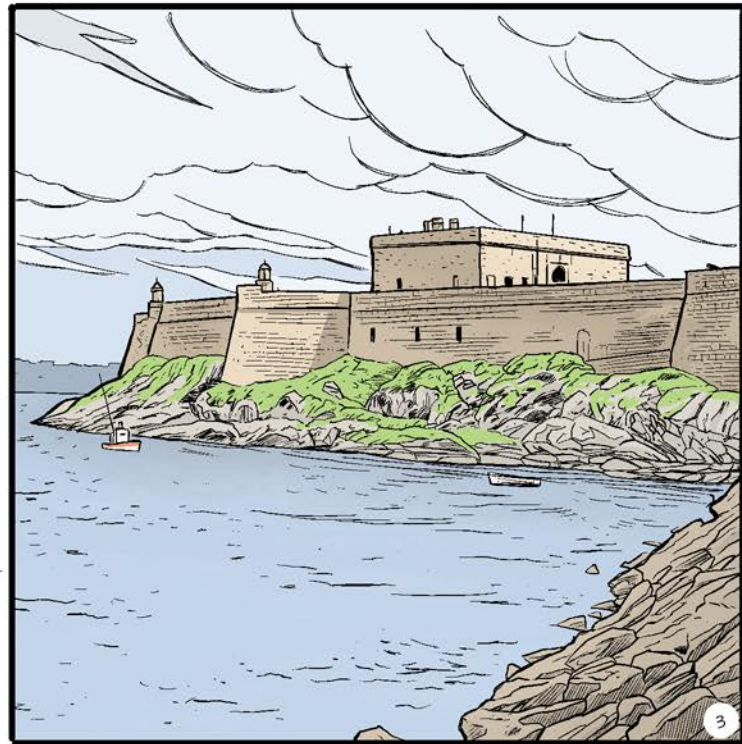
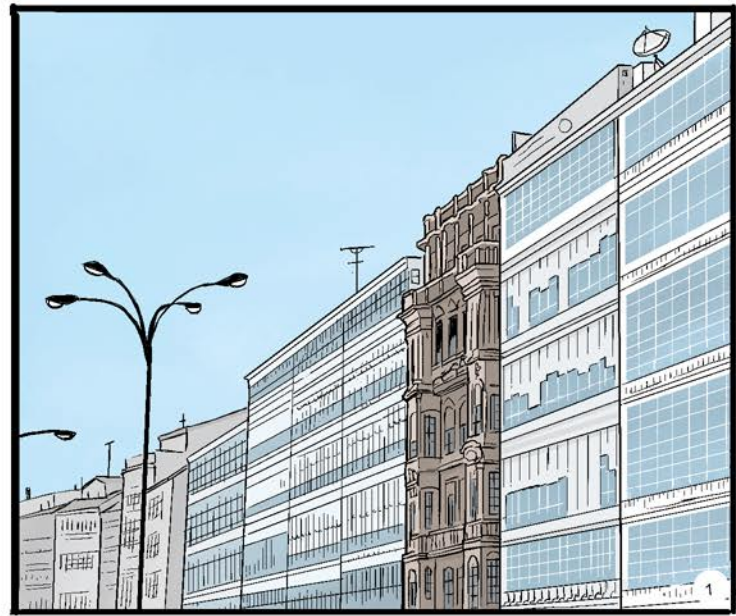
EIXO ATLÂNTICO
DO NOROESTE PENINSULAR



A CORUÑA



Area km²: 37.83
Nº of inhabitants: 244,099
Foundation date: 1208
Demonym: Coruñés/a

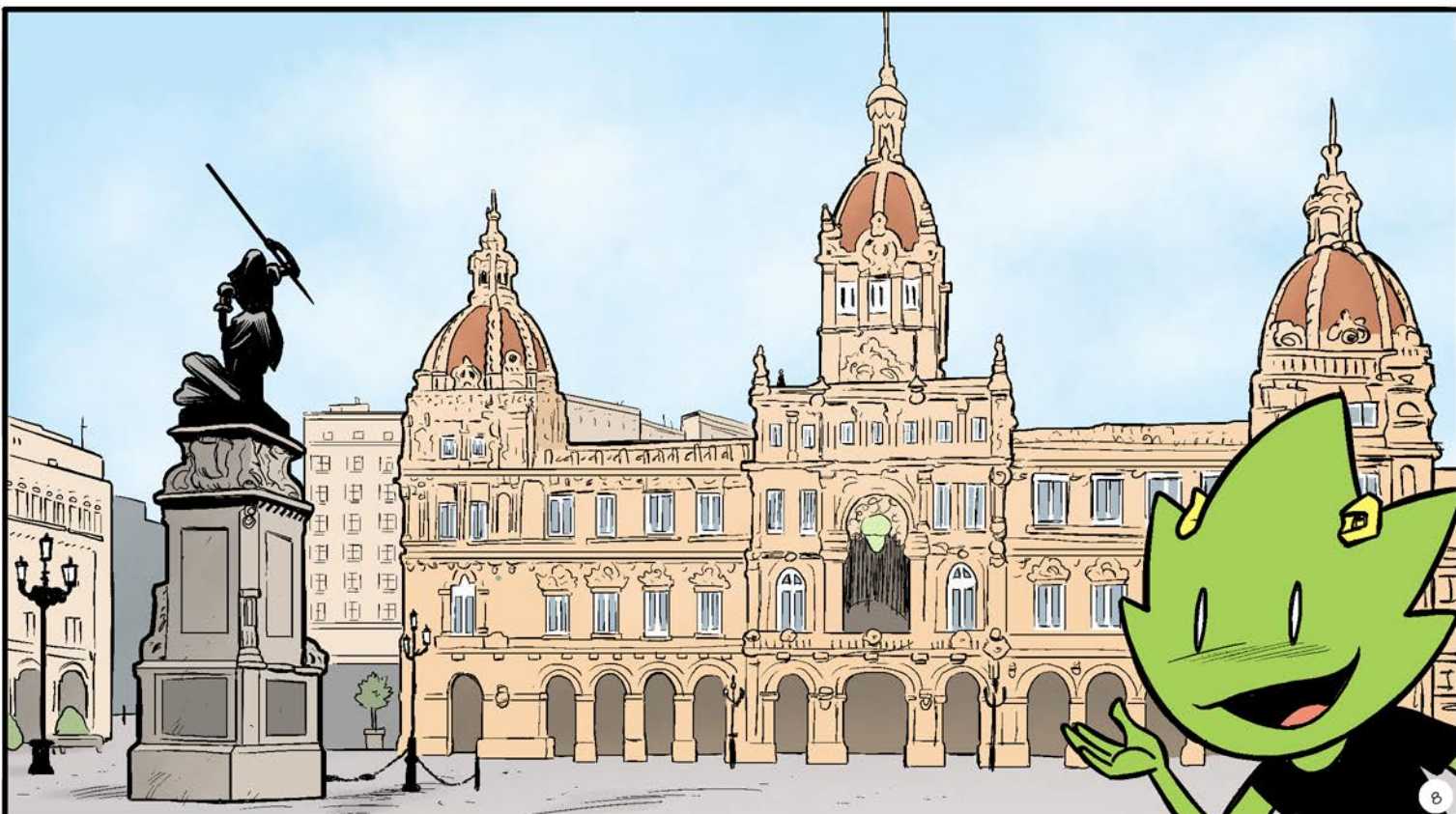




A Coruña stands on a peninsula that goes deep into the Atlantic Ocean, it is placed between the Orzán bay and the estuary entrance, in the southern part of the Artabrian Gulf.

The balconies are the most remarkable architectural elements; the Mariña balconies, which are placed near María Pita square, where you can also see the building of the Town Hall, are the most famous. The best-known monument of the city is the Tower of Hercules, which was built in the first century by the romans and was subsequently rebuilt. It is the oldest working lighthouse in the world and it was declared a World Heritage Site in 2009. Today, A Coruña is a really modern and lively city which offers a wide range of leisure activities (culture, sport, gastronomy, tourism...)

The interactive museums are remarkably special: the Domus or Casa do Home (House of Man), the Casa das Ciencias (House of Sciences) and the Casa dos Peixes (House of Fish). Their slogan is: "Please, do touch".



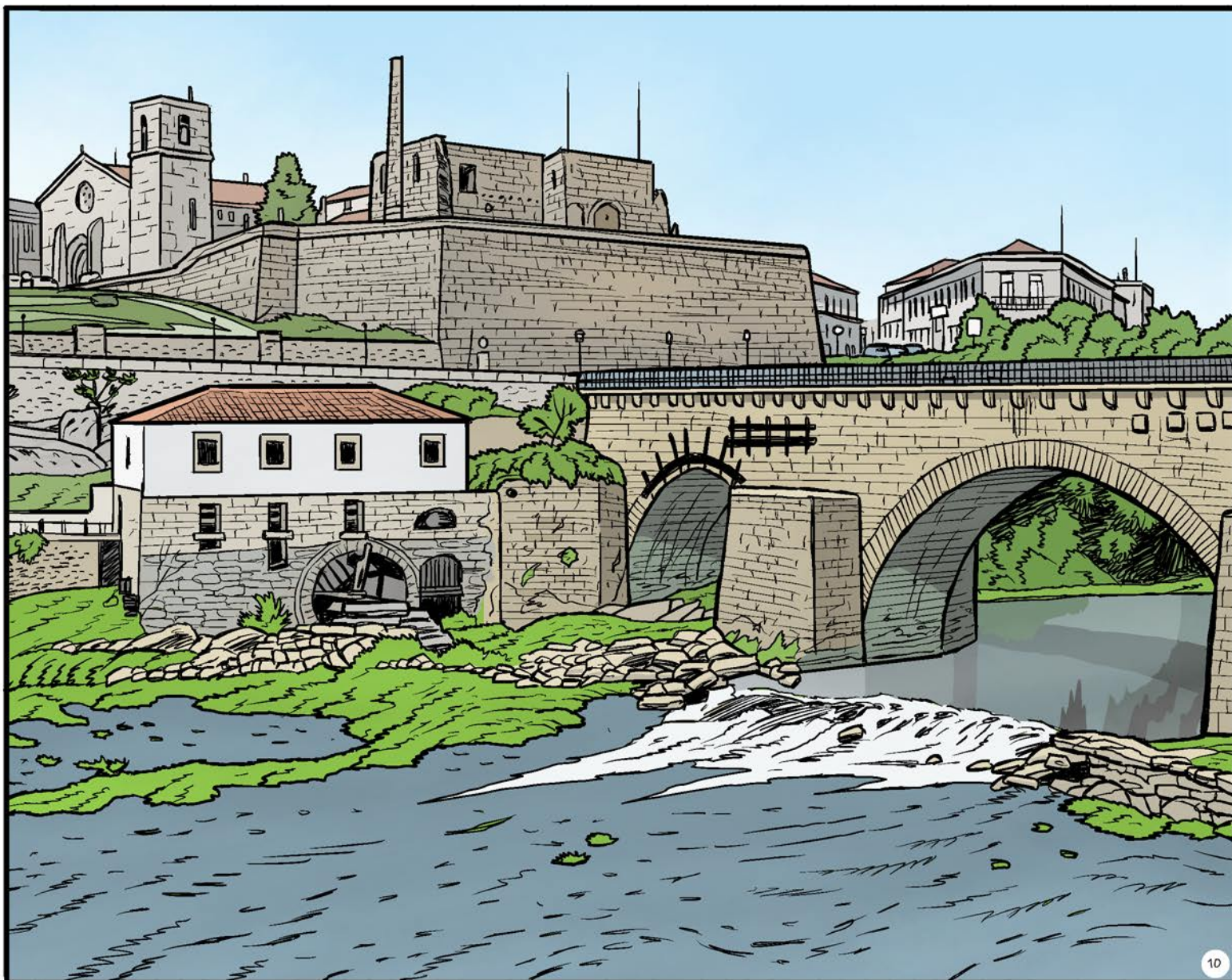
BARCELOS

Area km²: 378.9
Nº of inhabitants: 120,391
Foundation date: between 1166 and 1167
Demonym: Barcelense

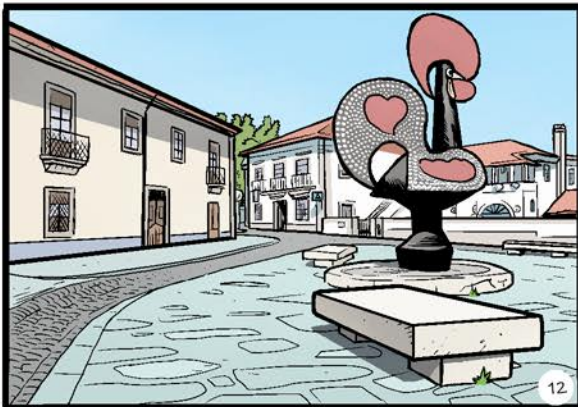
The city of Barcelos is the seat of a vast municipality located in the north of the country on the banks of the river Cávado, in the heart of the Minho region. It is famous for its handicrafts and the birthplace of the Galo de Barcelos [the Barcelos rooster], which has become a national symbol.



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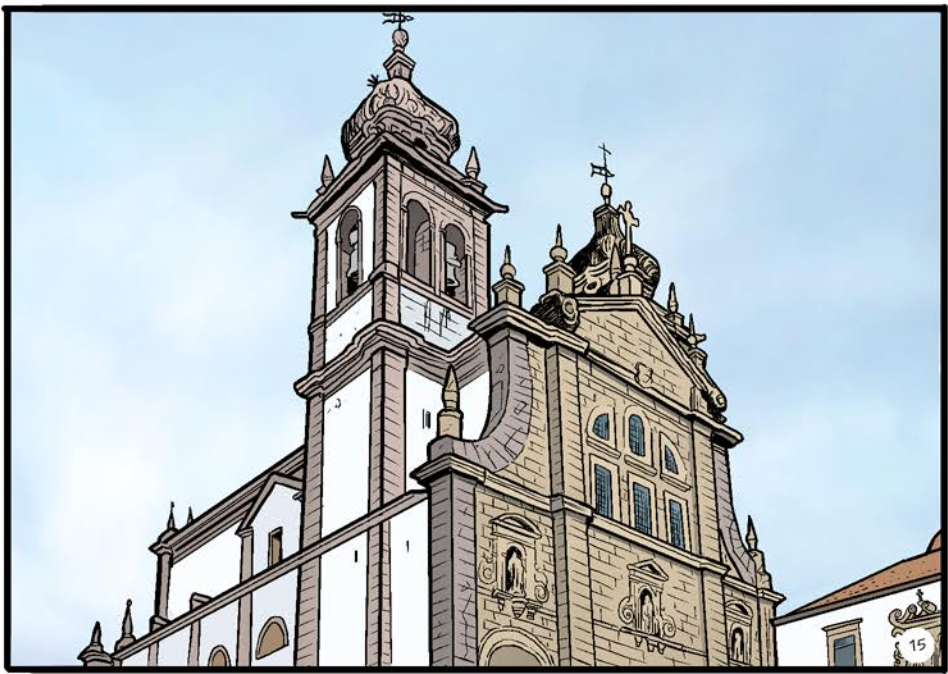


The origins of Barcelos go back to prehistoric times, but the urban area was developed from the mid-12th century onwards, after the charter granted by King Afonso I, which acknowledged the strategic importance of the city as the link between the coastal regions and the interior of the country.

For several centuries, Barcelos was an important medieval centre linked to Jacobean pilgrimages. It still is an essential staging post in the Portuguese Way. A land of rich history and strong traditions, it holds a substantive historical heritage, which can be seen as a whole when entering the city through the medieval bridge.

Barcelos is recognized worldwide for its pottery and figurado [pottery figures]. In 2017 it was included in the UNESCO Creative Cities Network in the areas of handicraft and popular art.

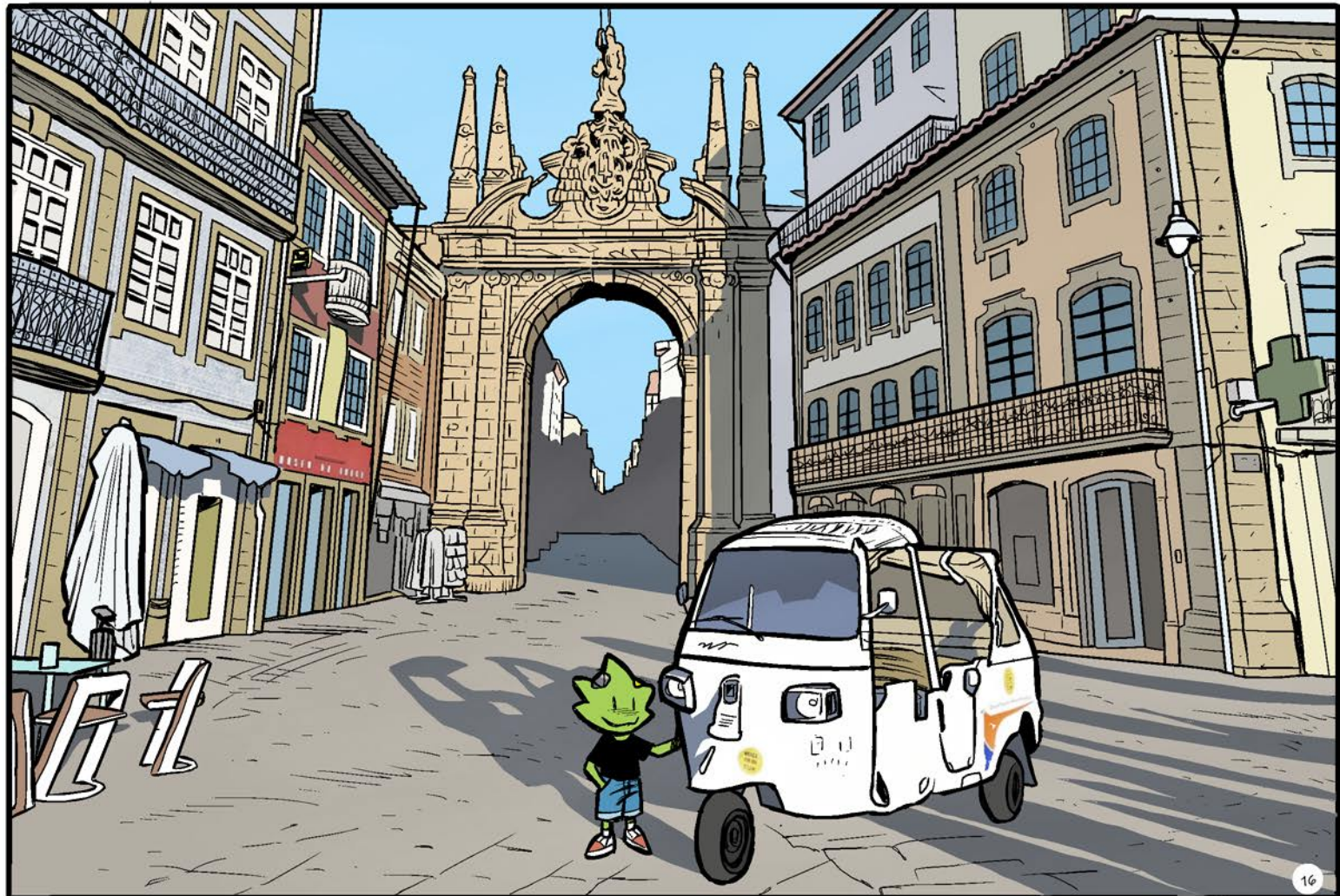




BRAGA

Area km²: 183.4
Nº of inhabitants: 181,494
Foundation date: 16 BC
Demonym: Bracarense,
braguês/a,
brácaro/a

Braga is located in the north of Portugal between the rivers Cávado and Ave, where landscapes are defined by water and vegetation. Founded by the Romans over two thousand years ago, it was the capital of Galicia and seat of the kingdom of the Suevi, one of the barbarian peoples who invaded the Iberian Peninsula.



Dotted with churches and convents in every corner, the city was ruled by archbishops for almost seven centuries. In Braga, you can climb the famous steps to the church of Bom Jesus do Monte or taste the Pudim do Abade de Priscos, a delicious pudding invented by an inspired priest.

The most important festivities in Braga are those of St. John, held in June, but the Easter processions are magnificent too. A celebration honouring the Romans, founders of the city, is held on the last weekend in May. Braga is now the third largest city in Portugal and one of the youngest in Europe.

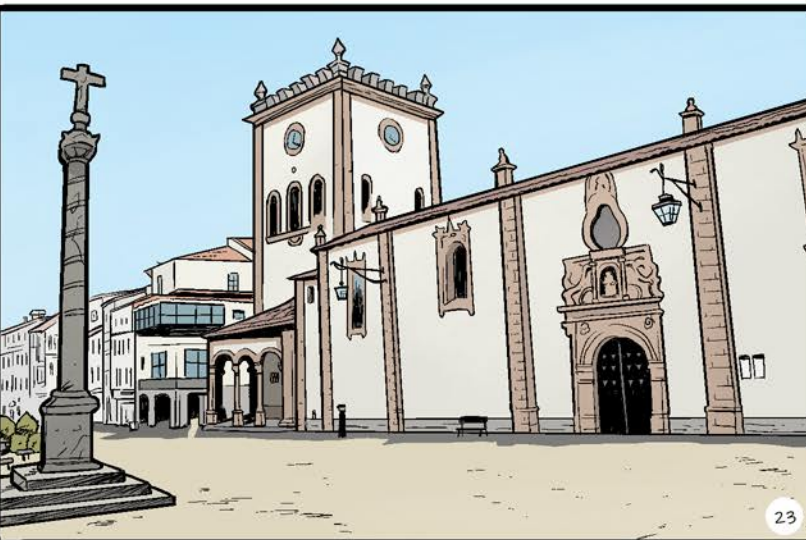
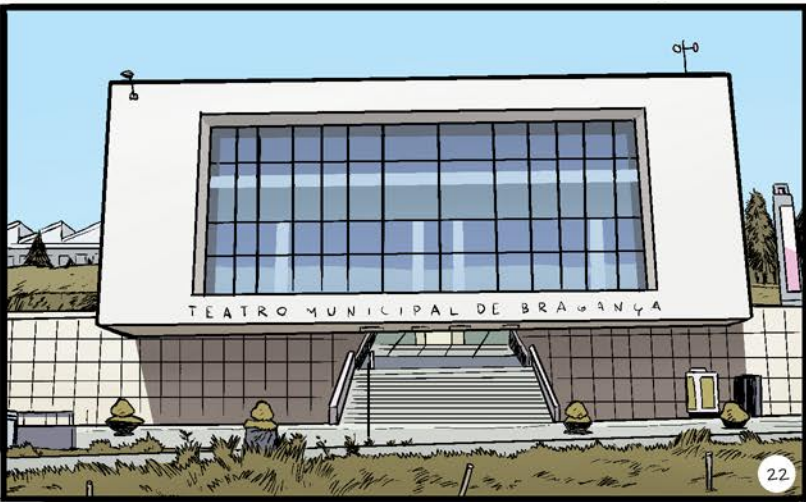
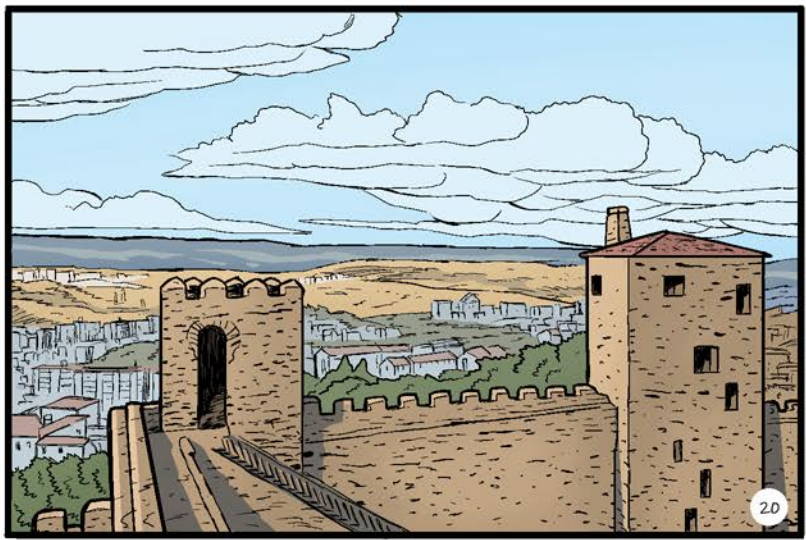


BRAGANÇA

Area km²: 1,173.57
Nº of inhabitants: 35,341
Foundation date: 1187 (date of the first Charter)
Demonym: Brigantino/a, bragançano/a

Bragança is on the extreme northeastern Portuguese border, in an environmental excellence area which has been designated by UNESCO the Meseta Ibérica Transboundary Biosphere Reserve. The castle, with its heart-shaped ramparts, is a reference in the urban landscape of the city.

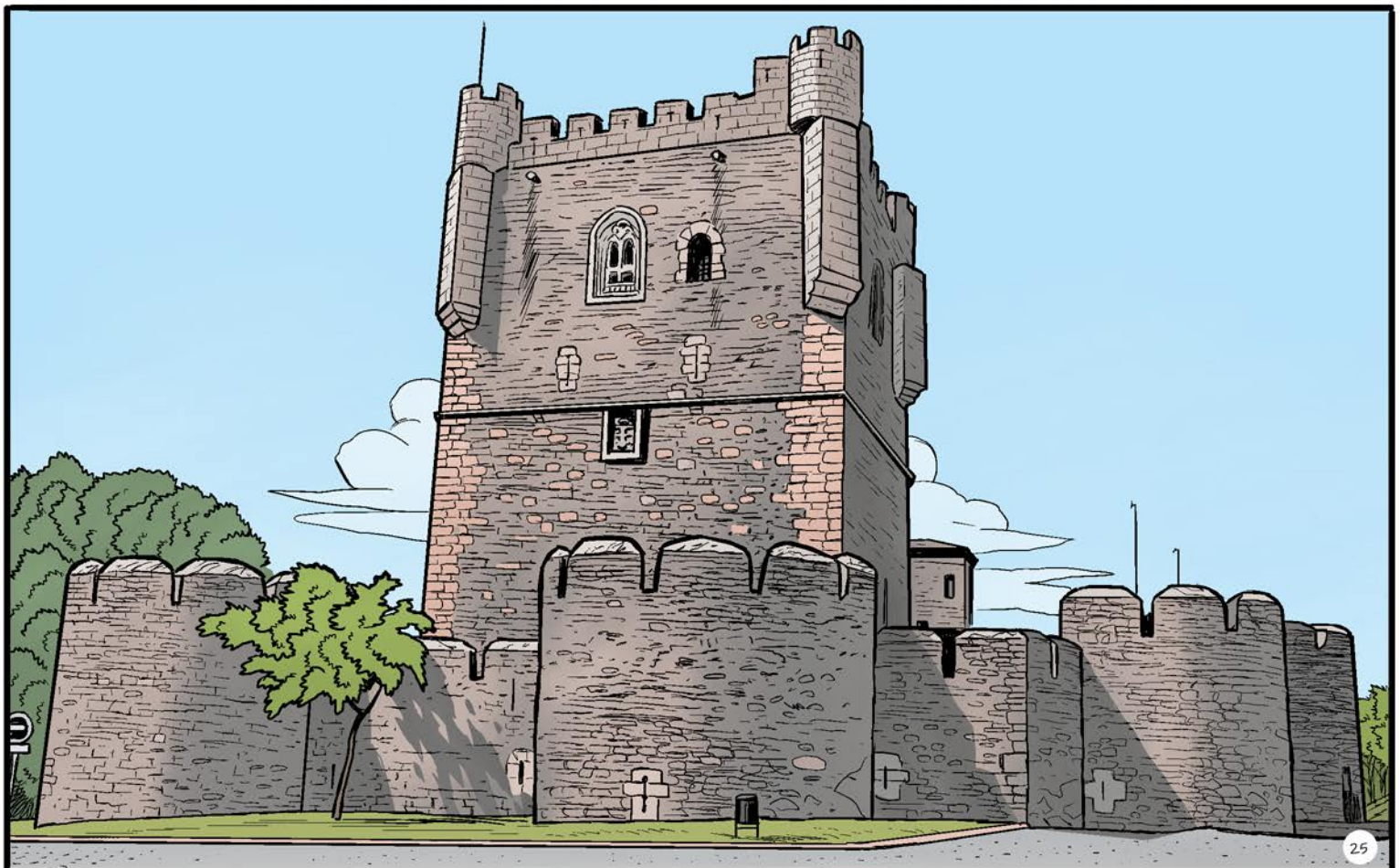
Bragança is also home to other National Monuments: the remarkable *Domus Municipalis* and the *pelourinho* [pillory]. According to tradition, this is the place where the infante [prince] D. Pedro and his lover D.^a Inês de Castro, protagonists of the most tragic Portuguese love story, were secretly married.





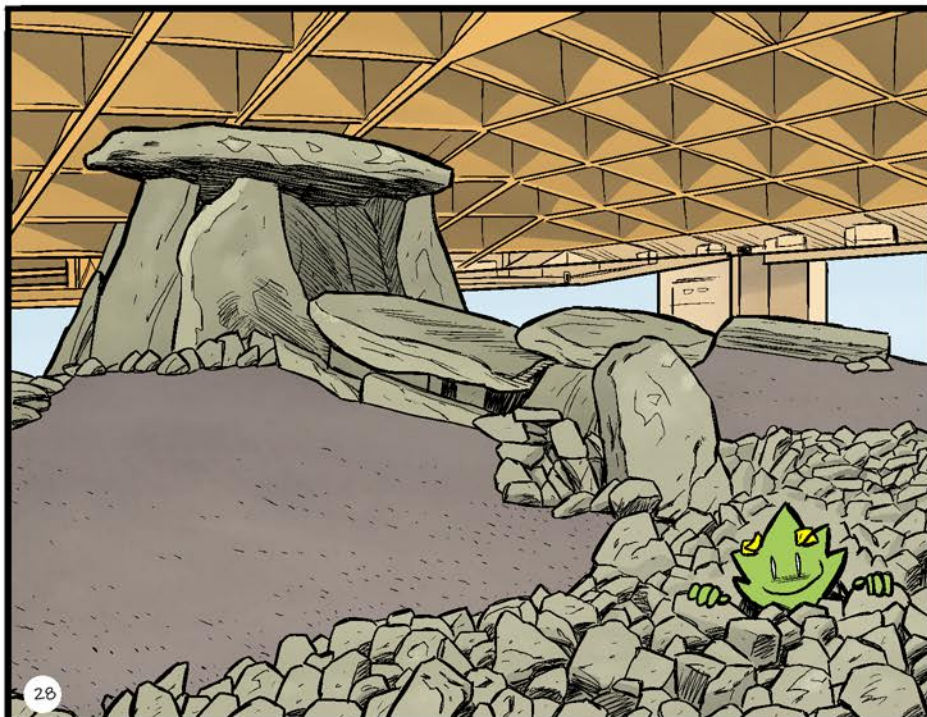
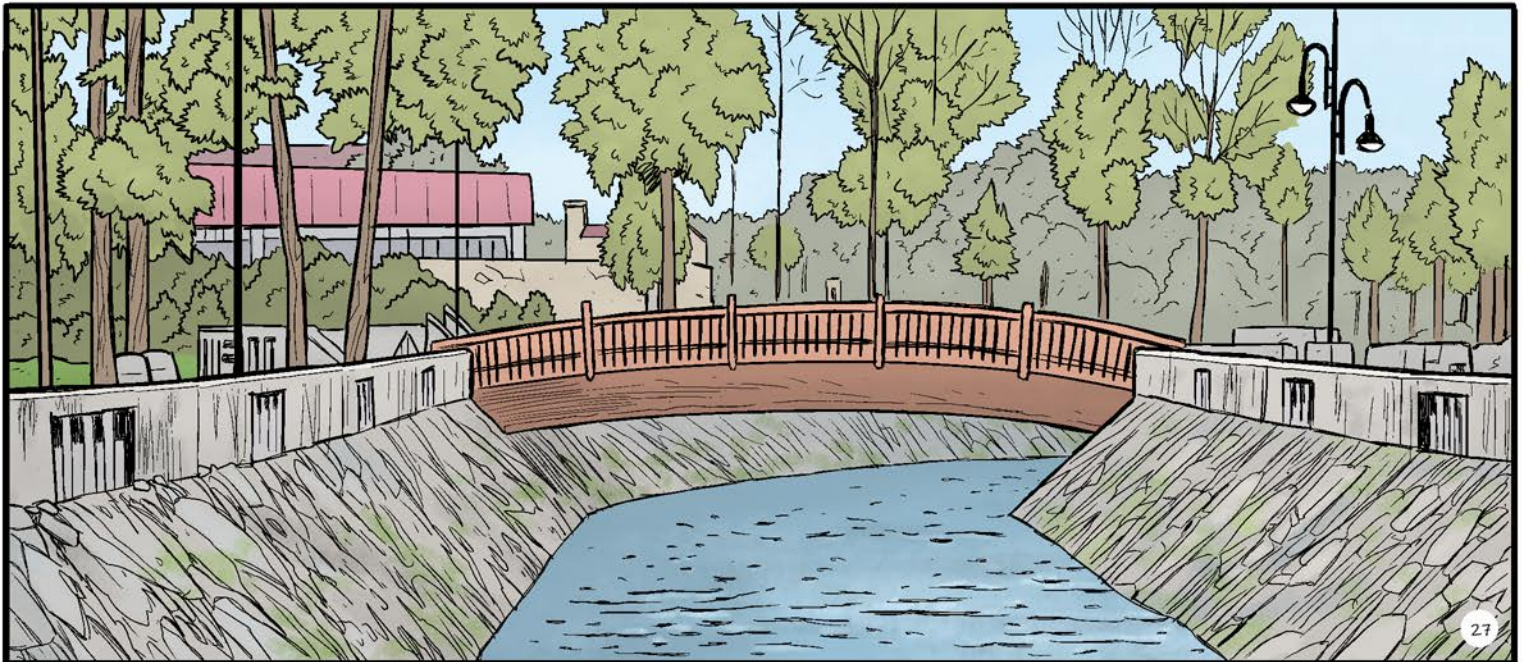
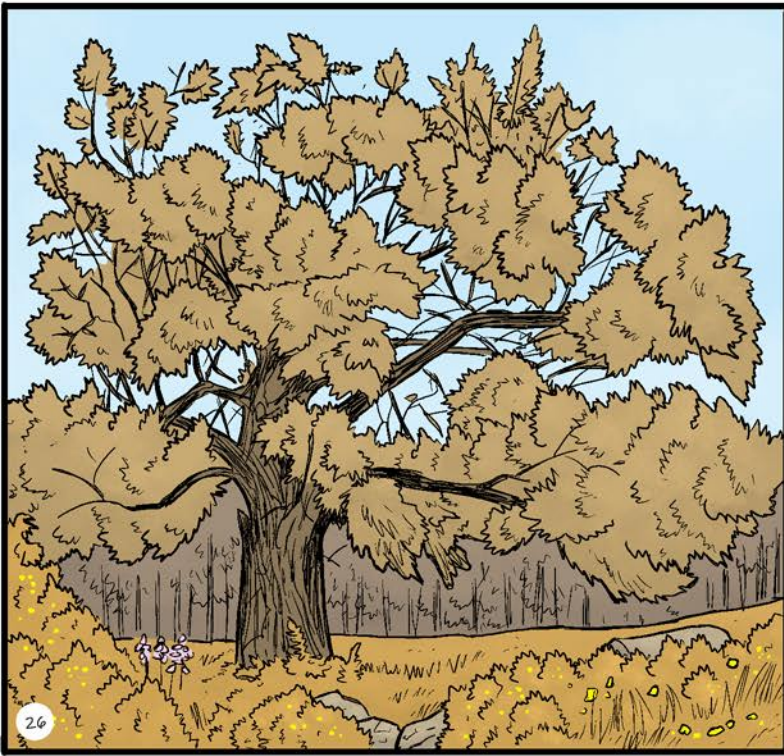
Founded in the 15th century, the House of Bragança ascended to the throne in 1640 and was the last and longest reigning dynasty in Portugal. Using modern and attractive municipal spaces and facilities, Bragança honours its people and traditions in an extensive and varied cultural program. Through its commitment to sustainability, Bragança sees itself as an ecocity and is part of the Portuguese smart cities network.

Bragança is an integral part of Portuguese writer Miguel Torga's Reino Maravilhoso [the Wonderful Kingdom] and its slogan is "Bragança, um território a conquistar!" [Bragança: a land to be conquered!].



CARBALLO

Area km²: 186.8
Nº of inhabitants: 31,195
Foundation date: 1836
Demonym: Carballés/a



Carballo is a busy lively town, with cultural and sport events that fill the agenda of this town all year round.



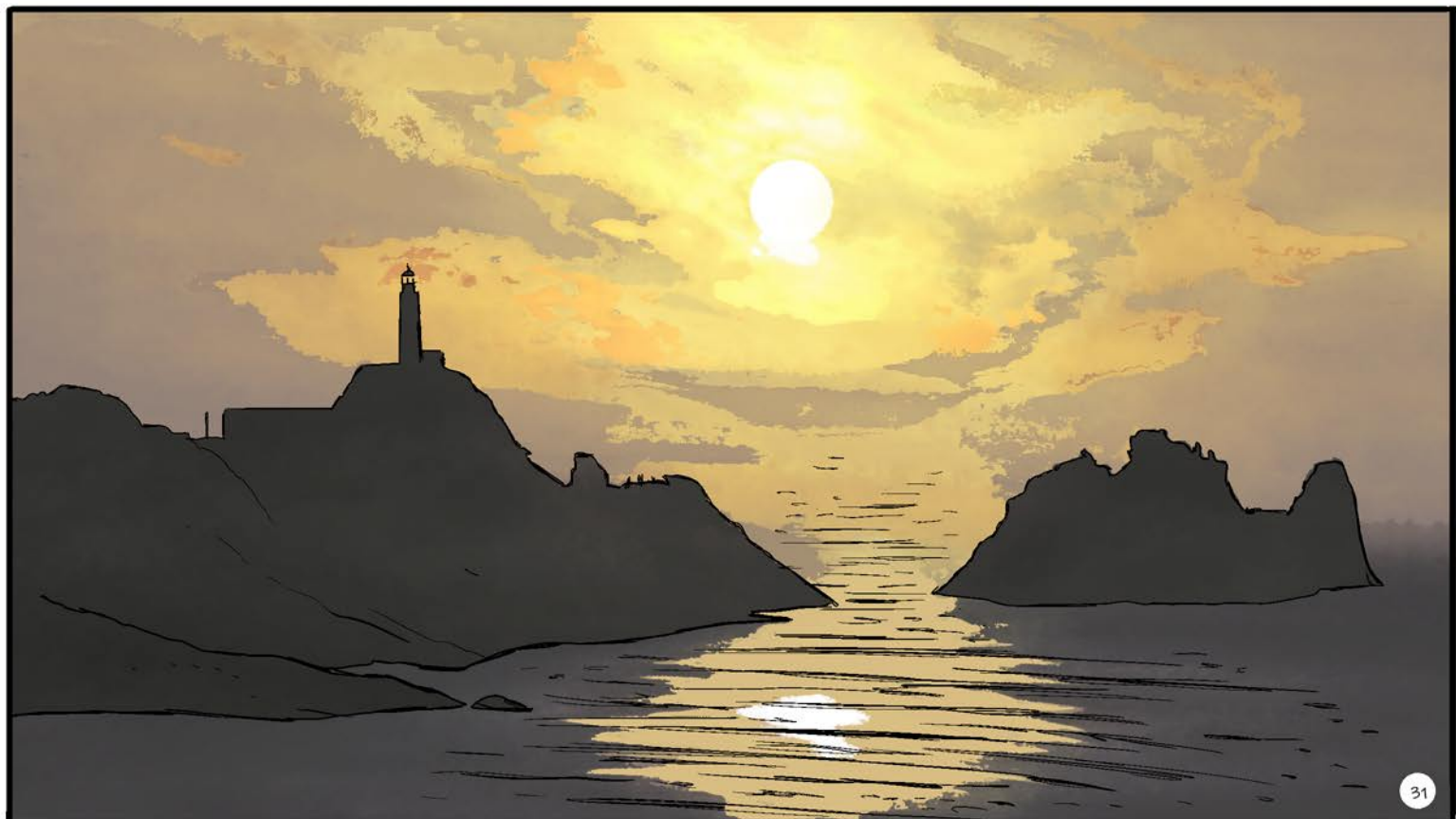
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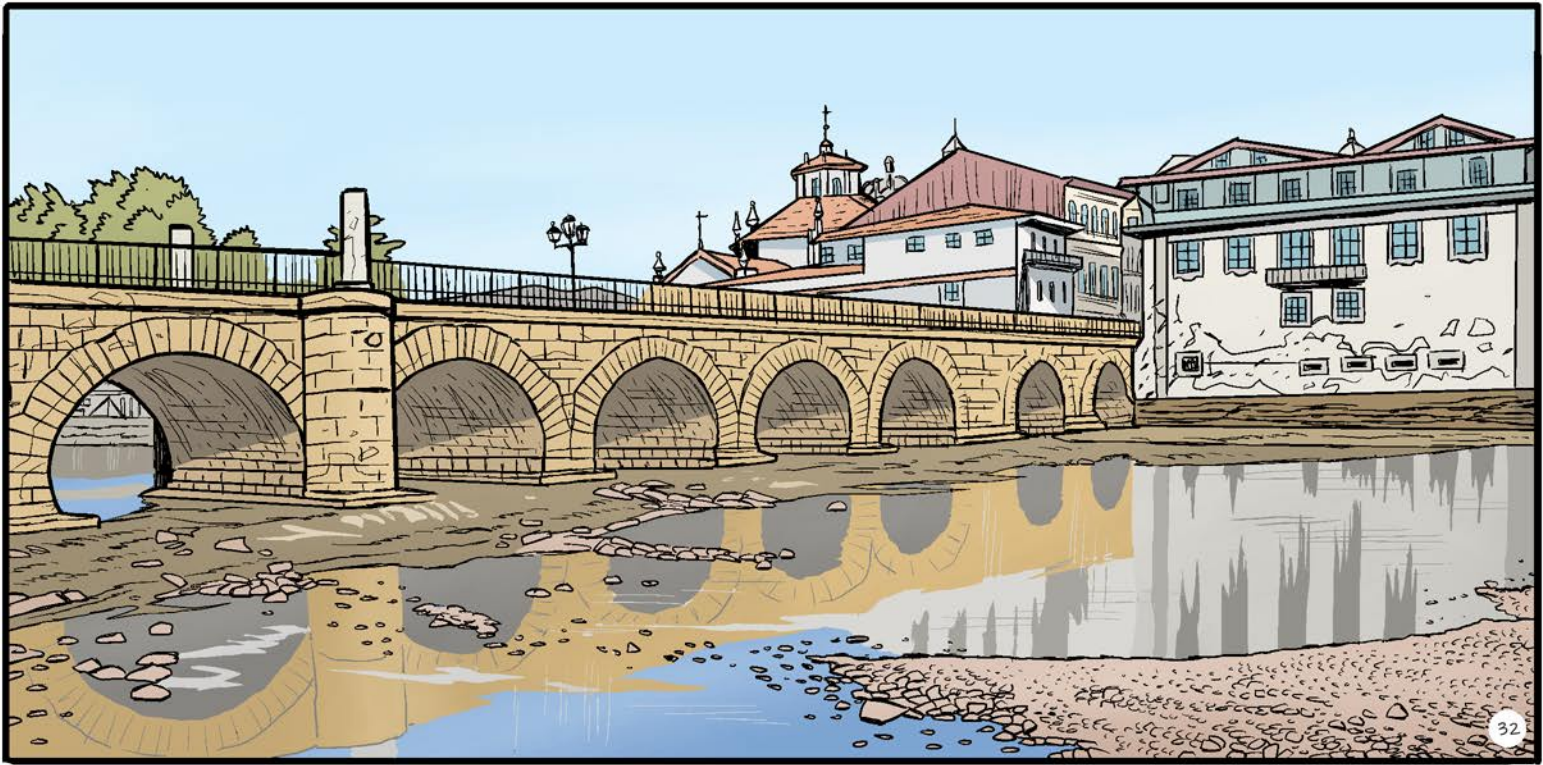
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The rising population and growing number of young people have turned this town into a centre of attraction for all the nearby towns and municipalities, which come to Carballo to go shopping or visit the fair, to have something, to have fun or just to take part in cultural and sport activities.

Carballo is working to improve the appearance of the town and mobility by means of actions and works which aim to make streets more focused on people, with parking facilities in several areas of the town and urban improvement. Moreover, the town's original look has been also improved with unique and new projects such as more than 60 large murals which fill the town with color, an art project that is turning the streets of Carballo into an open air museum.



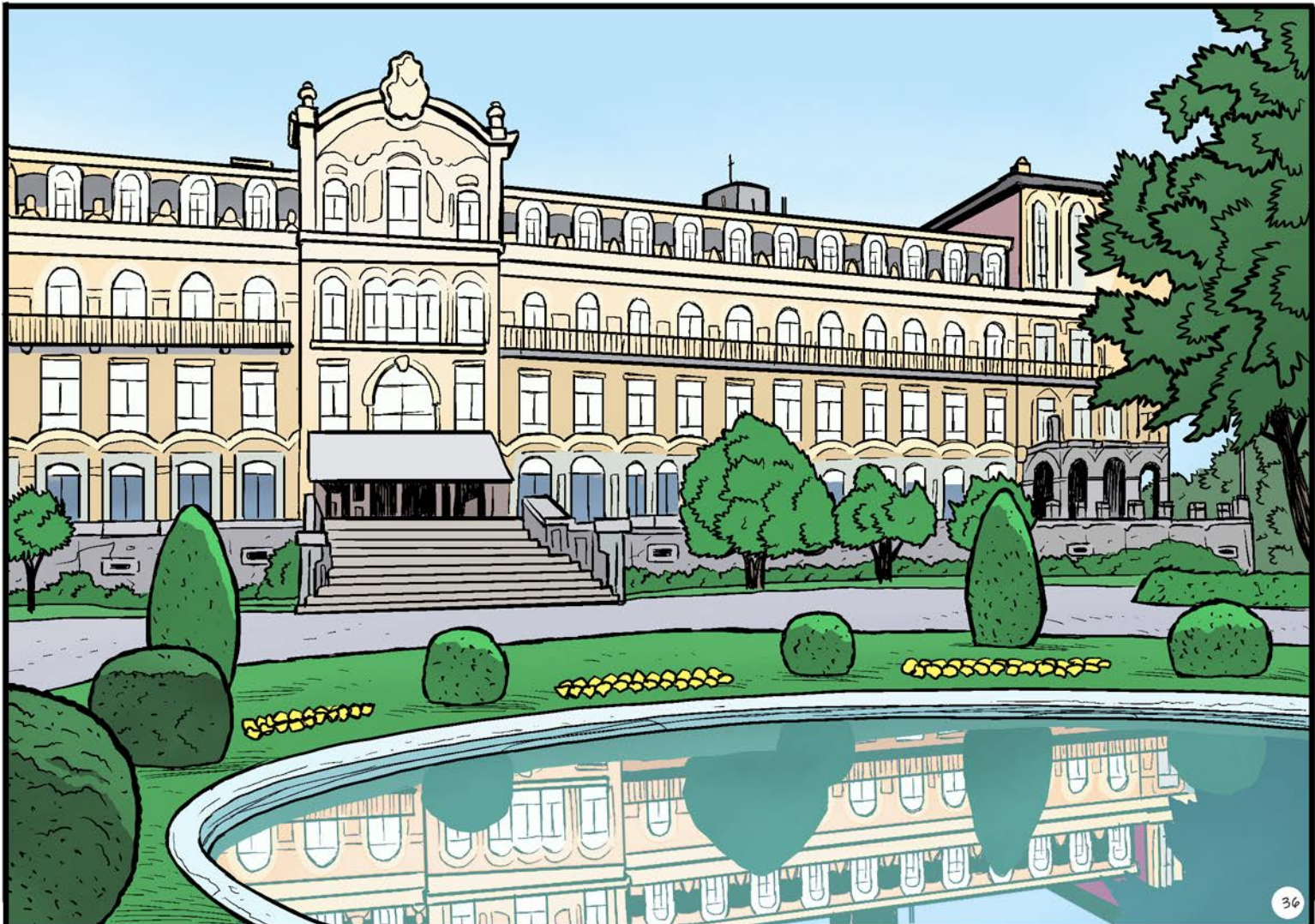
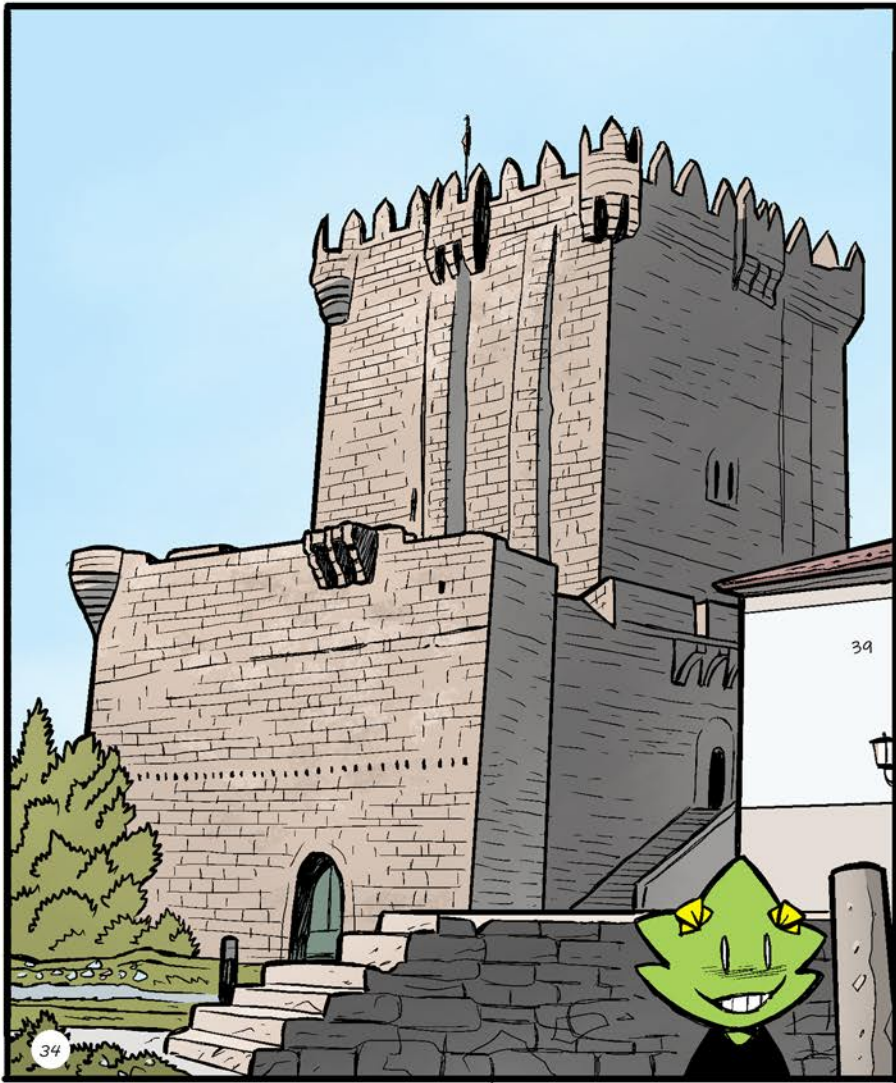
31



EUROCIDADE CHAVES-VERÍN

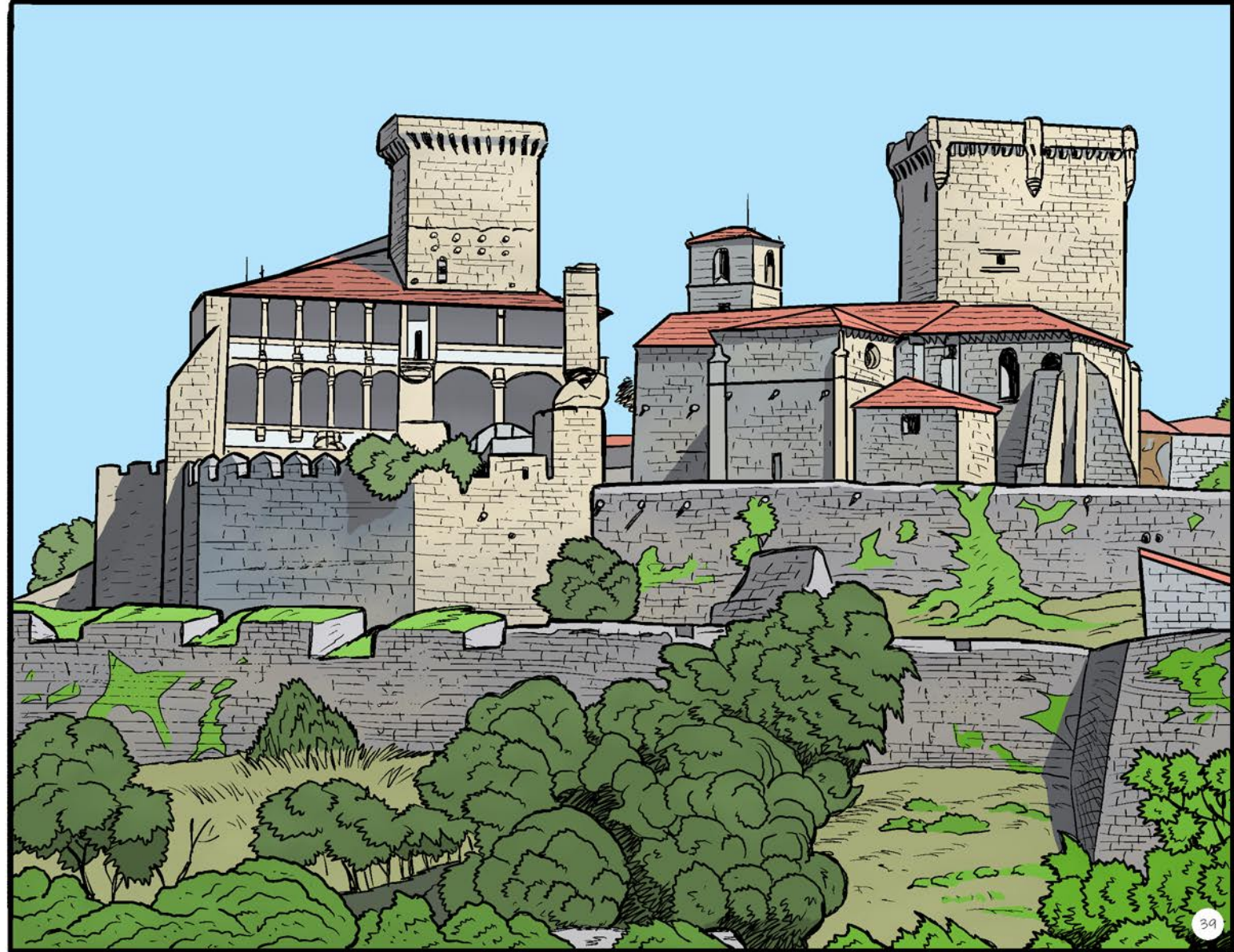
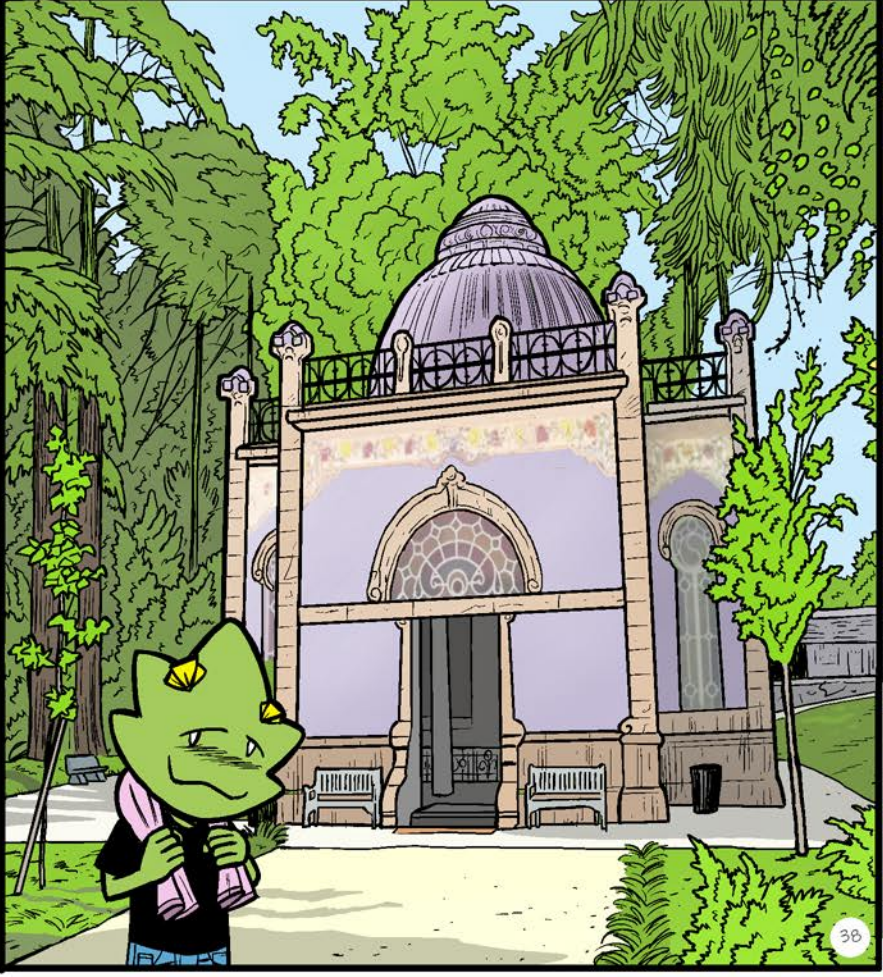
Area km ² :	700
Nº of inhabitants:	60,000
Foundation date:	2009
Demonym:	<i>Eurocidadáns, flavienses e verinenses</i>

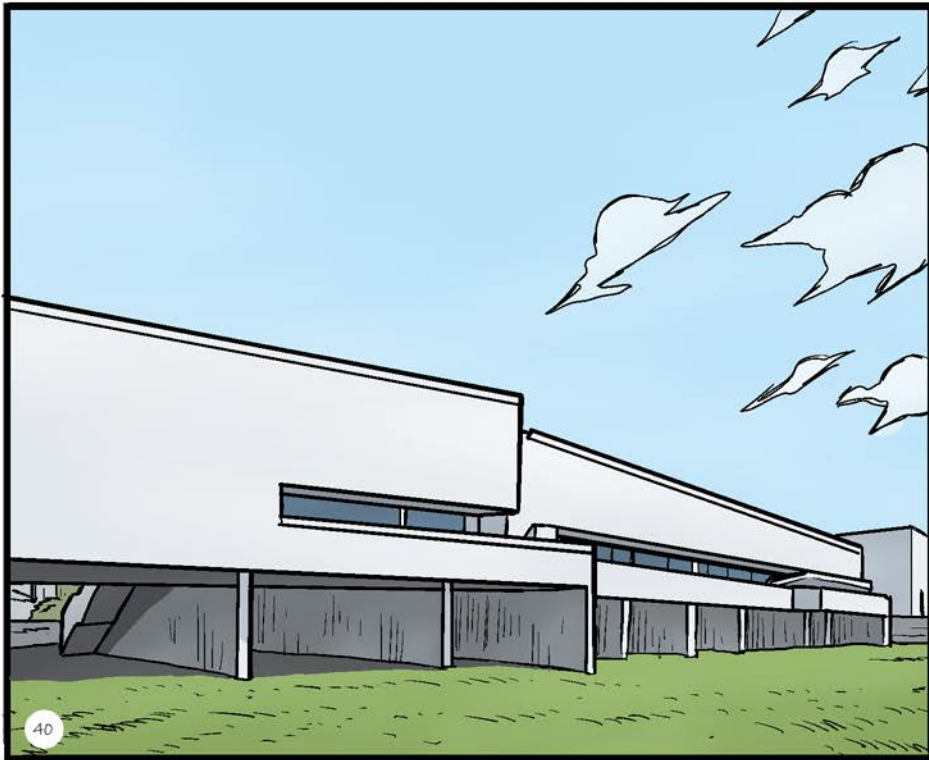






The Eurocity Chaves-Verín is formed by the towns of Chaves (north of Portugal) and Verín (Galicia). It is a cross-border conurbation linked by the river Tâmega and crossed by a tectonic fault where the greatest number of thermal upwellings per square kilometre in the Iberian Peninsula can be found.





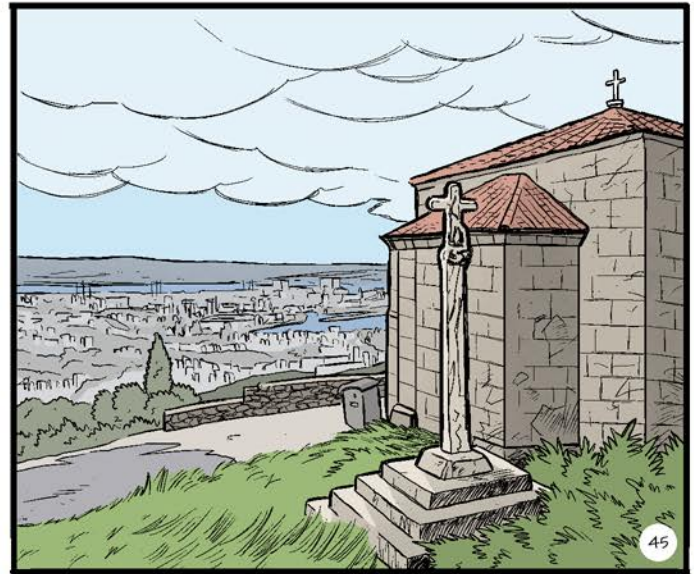
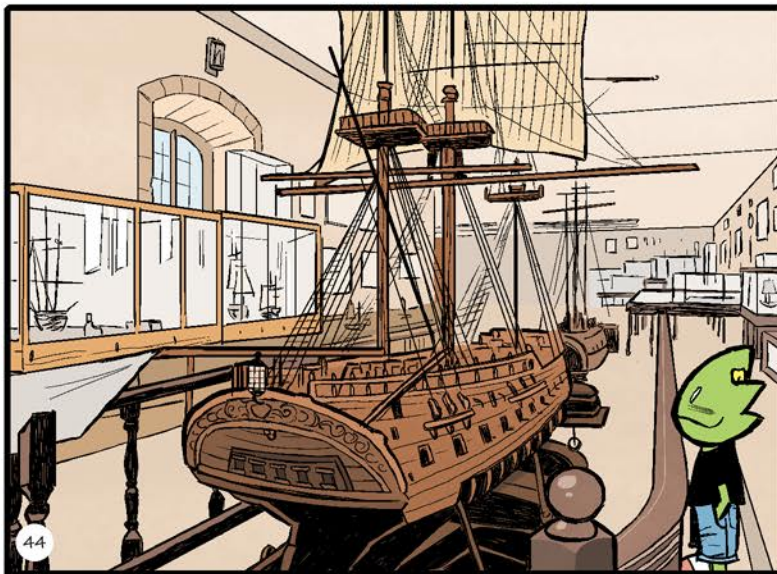
It was born as a Eurocity in 2007, as a result of the institutional agreement signed by the two councils and supported by Eixo Atlântico. In 2013, the European Grouping of Territorial Cooperation is set up and it starts to work in an autonomous way on the joint management of services and goods of a land without borders, which has a total number of sixty thousand inhabitants and covers an area of 700 square kilometres. The “Eurocitizen card” is one of the initiatives which has been developed and must be taken into account. This card allows eurocitizens to access services and facilities of both municipalities with the same advantages and discounts. The creation of a unique tourist destination around mineral water, its greatest identifying resource, must also be highlighted. In Chaves, these thermal waters are sodium bicarbonated waters which keep a constant temperature of 73°C and are suitable for rheumatic and musculoskeletal disorders, digestive pathologies and respiratory diseases.



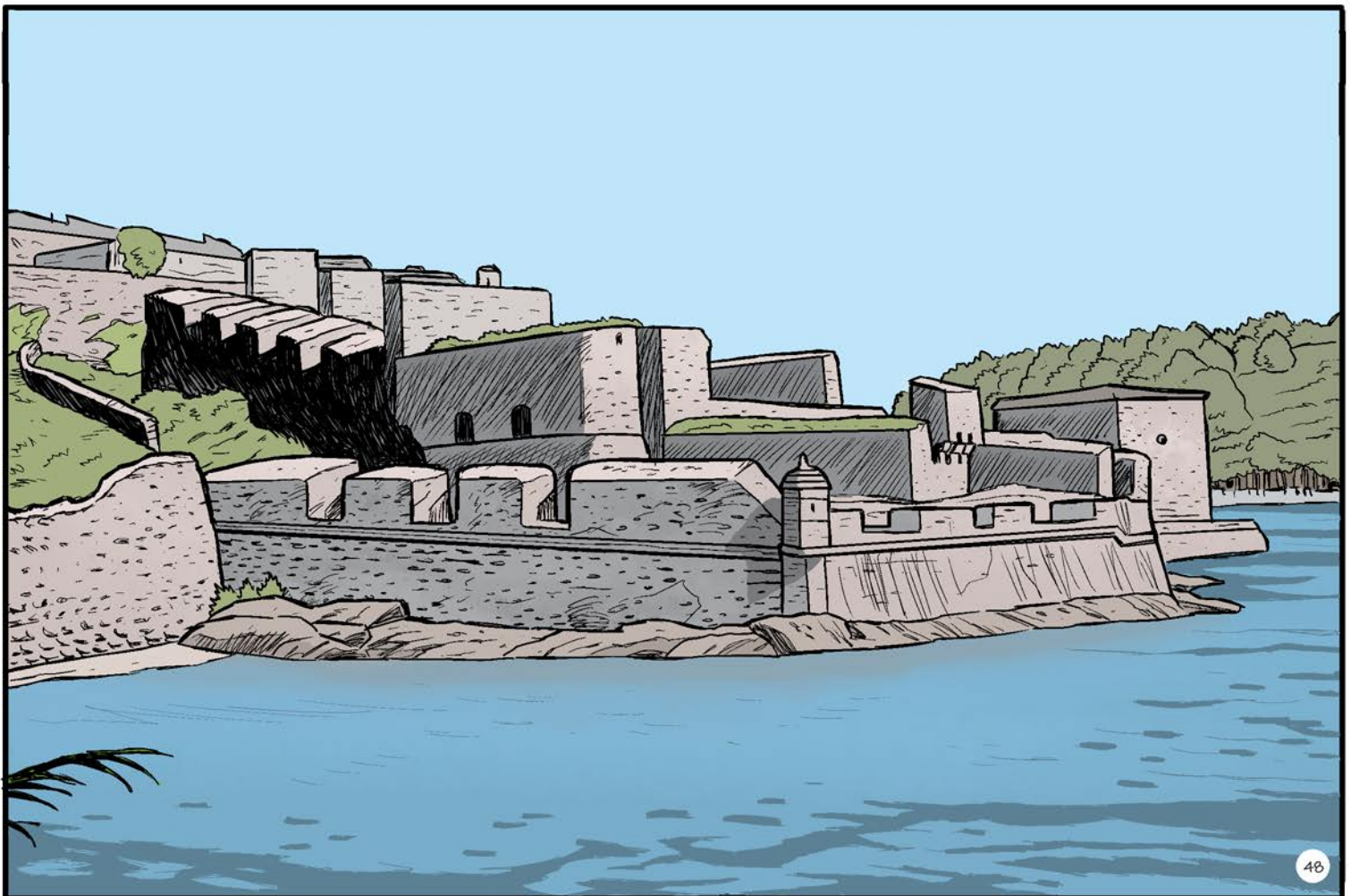
FERROL

Area km ² :	87.7
Nº of inhabitants:	67,569
Demonym:	Ferrolán/á

In the XVIII century, this city was declared the capital city of the northern marine area because of its singular physical characteristics; so a new city modelled on the illustrated theories of that time was built. It is a unique example in the world because of its urban features.



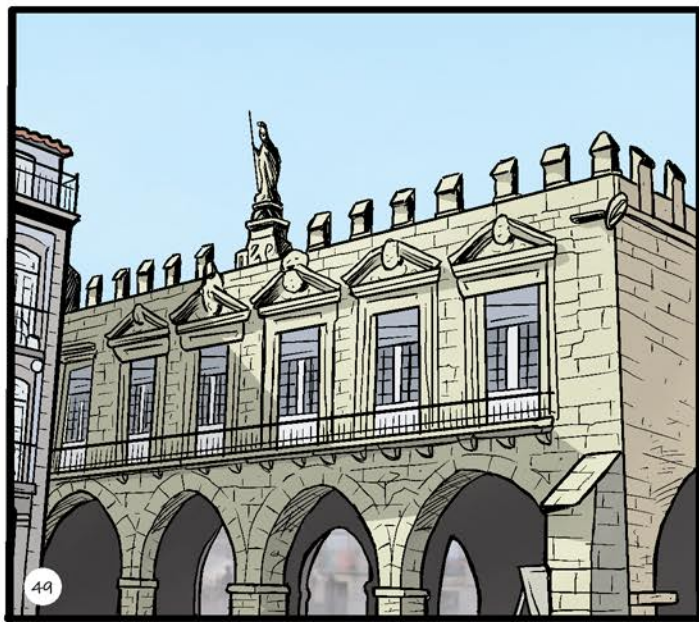
It cannot be denied that the great heritage and historical value of the XVIII century city, the Military Arsenal and the coastal defences provide the basis to support the candidature as World Heritage. Today, the industrial potential of this city based on the shipbuilding industry, attached to the city as a service to the Navy since the XVIII century, is undergoing a process of diversification. The great environmental value of the coastal area of Ferrol is also included within the Natura 2000 network with some geographical features such as capes (Prioriño and Prior) and beaches (Doniños, Esmelle and Covas). Some important people who were born in Ferrol are Concepción Arenal, Pablo Iglesias Posse, Ángeles Alvariño, Torrente Ballester, Fernando Álvarez Sotomayor, Carvalho Calero, Canalejas, Hildegart R. Carballeira, Ernesto Rodríguez da Cal, Juan Farias, Fontela Leal, Javier Gómez Noya, Ernesta Guerra da Cal... and Javier Gutiérrez, who was not born in Ferrol but he feels like he belongs here.



GUIMARÃES



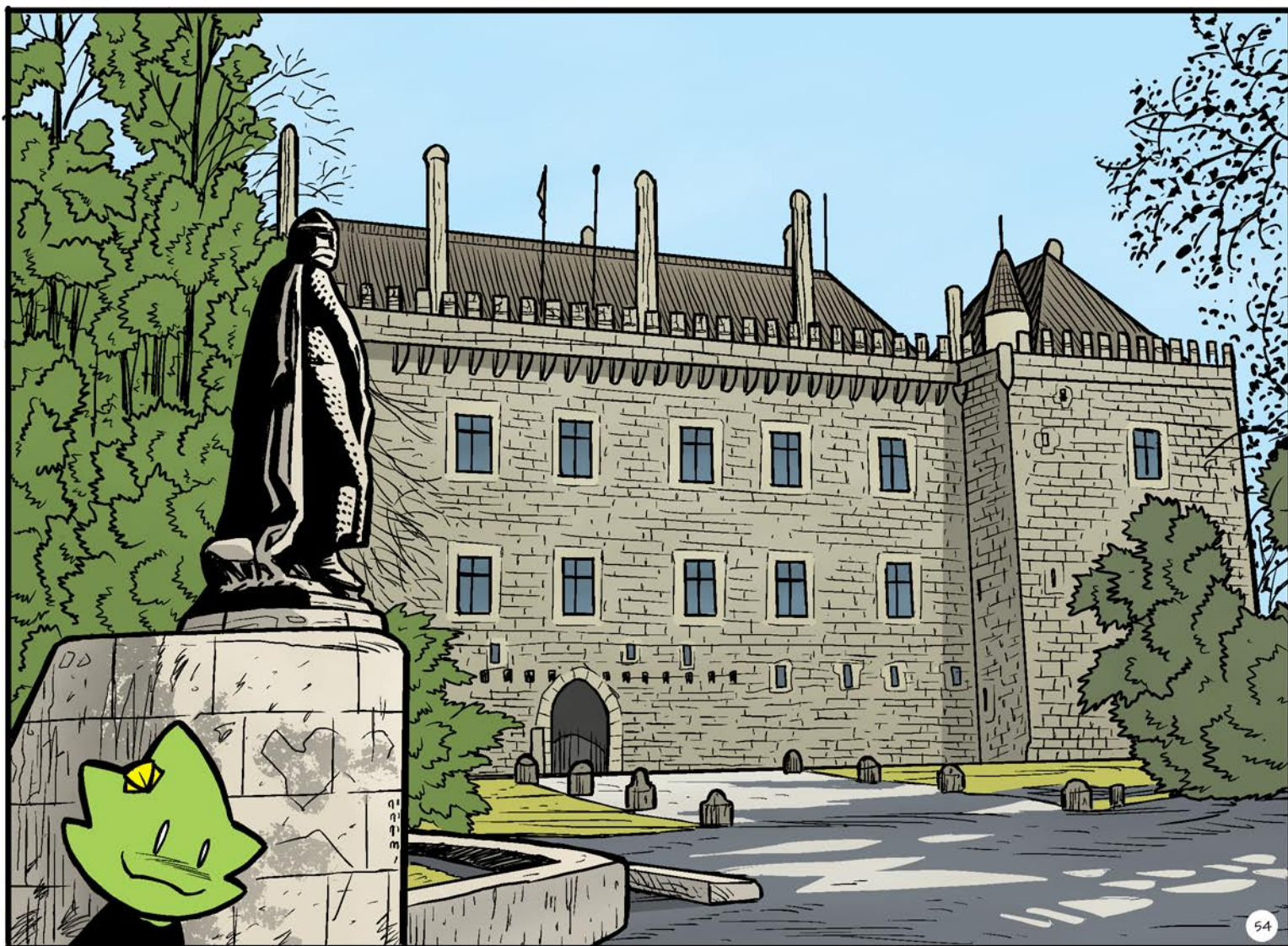
Area km²: 240,955
Nº of inhabitants: 150,124
Foundation date: around 958
Demonym: Vimaranense



Guimarães, located in the north of Portugal, is quite probably the birthplace of our first king, D. Afonso Henriques. Our city is thus known as the cradle of Portuguese nationality.



Aside from the Castle of Guimarães and the Palace of the Dukes of Bragança, the Historic Centre is unquestionably one of the most beautiful urban spaces in the country and has in itself the power of those places which take us travelling through time. In 2001, it was designated a World Heritage Site by UNESCO. The ancient city walls are still visible in some places. One of the sections has an inscription which reads "Aqui nasceu Portugal!" [Portugal was born here!]. Guimarães has many monuments of high significance, notable examples of which are the church of Santa Maria da Oliveira, the Padrão do Salado and the brilliant baroque church of S. Francisco, among many others. In this fabulous chest of memories, we can also find the lasting symbols of a community, such as its incredibly rich handicrafts, the conventual confectionery and other unique traditions which can be visited in the Casa da Memória [The House of Memories].

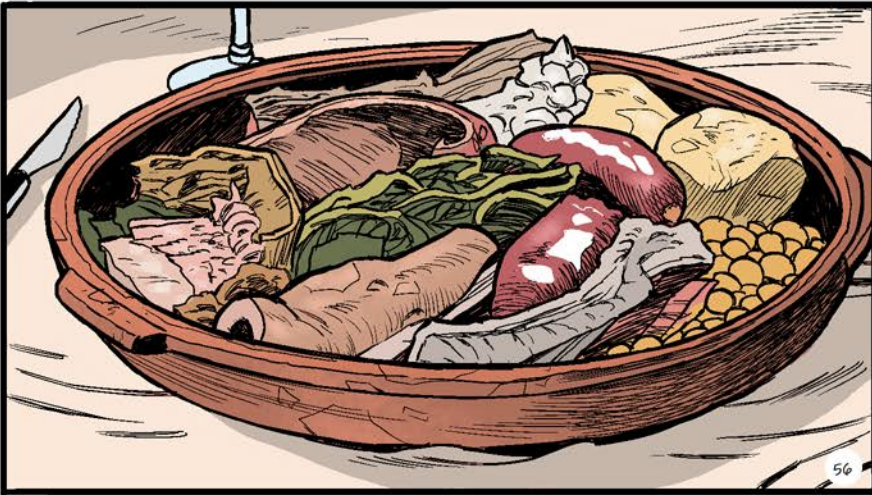


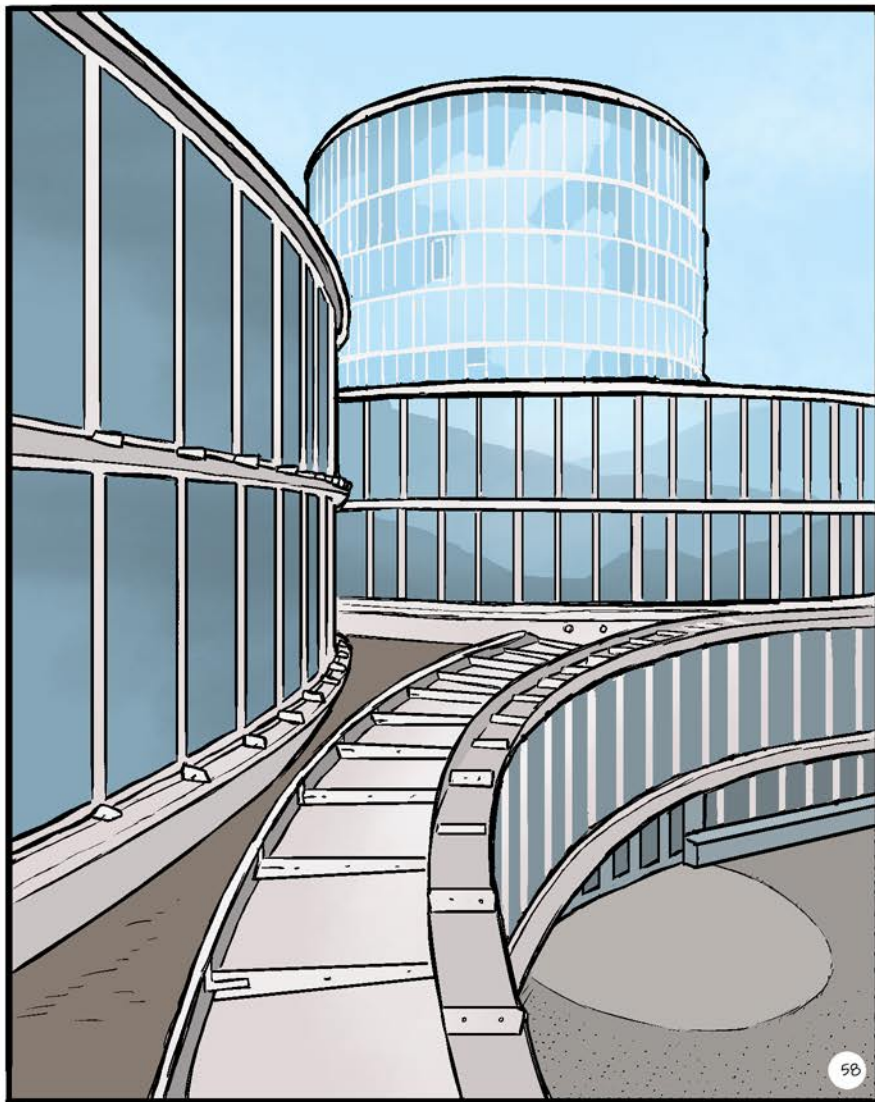
LALÍN

Area km ² :	326.5
Nº of inhabitants:	20,075
Foundation date:	X century
Demonym:	Lalinense



The original urban township of Lalín dates back to the XIX century and began to settle in the shelter of a fortress-tower built in the Suevian period. It is placed at the northern end of the province of Pontevedra and it is the largest town in the province and the fourth largest town in Galicia.





58

The most distinctive architectural features are Pazos (Galician manor houses); the Pazo de Liñares which houses the Puppet Museum (the only one in Galicia) and the room devoted to the pilot Joaquín Loriga. Lalín is a land of castros and more than thirty fortified villages have been recorded here.

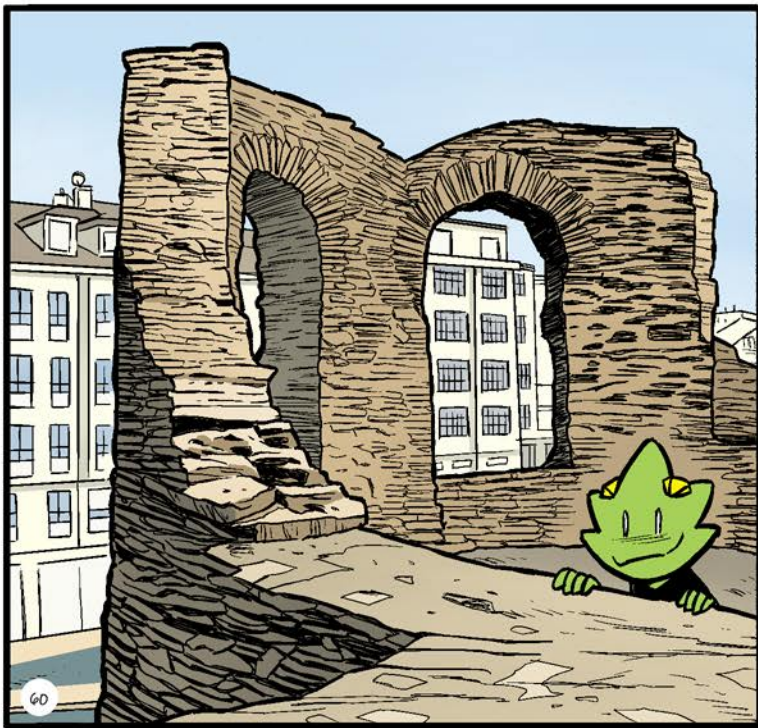
Lalín is known by the art of good eating; the star speciality par excellence is cocido (a traditional dish with meat and vegetables). It is a land of painters: Laxeiro, Sucasas, Lamazares, Fondevila, P. Taboada, Aymerich, Paco Lareo, Armingo Salgueiro, etc.

It is also a land of scientists such as José Rodríguez "the mathematician of Bermés" and the astronomer and mathematician Ramón María Aller Ulloa, who was well known because he introduced the study of double stars in Spain and created a school of astronomers and mathematicians around the Observatory of the University of Santiago.

Lalín is a lively town which offers a wide range of sport and cultural facilities. Gastronomy and tourism are being successfully promoted by the institutional bodies.



59



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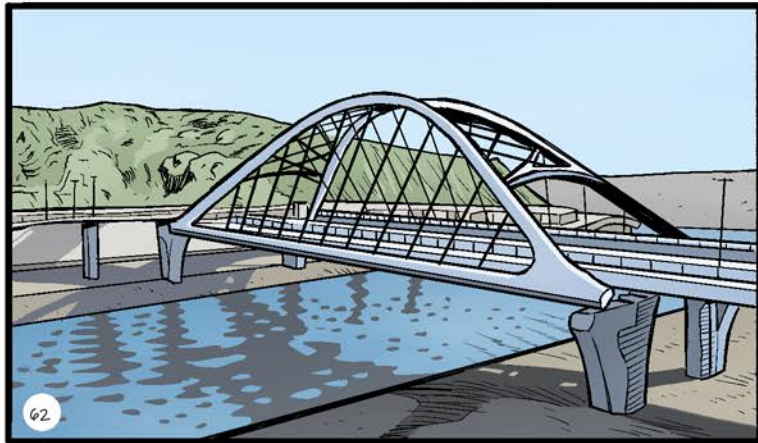


61

LUGO

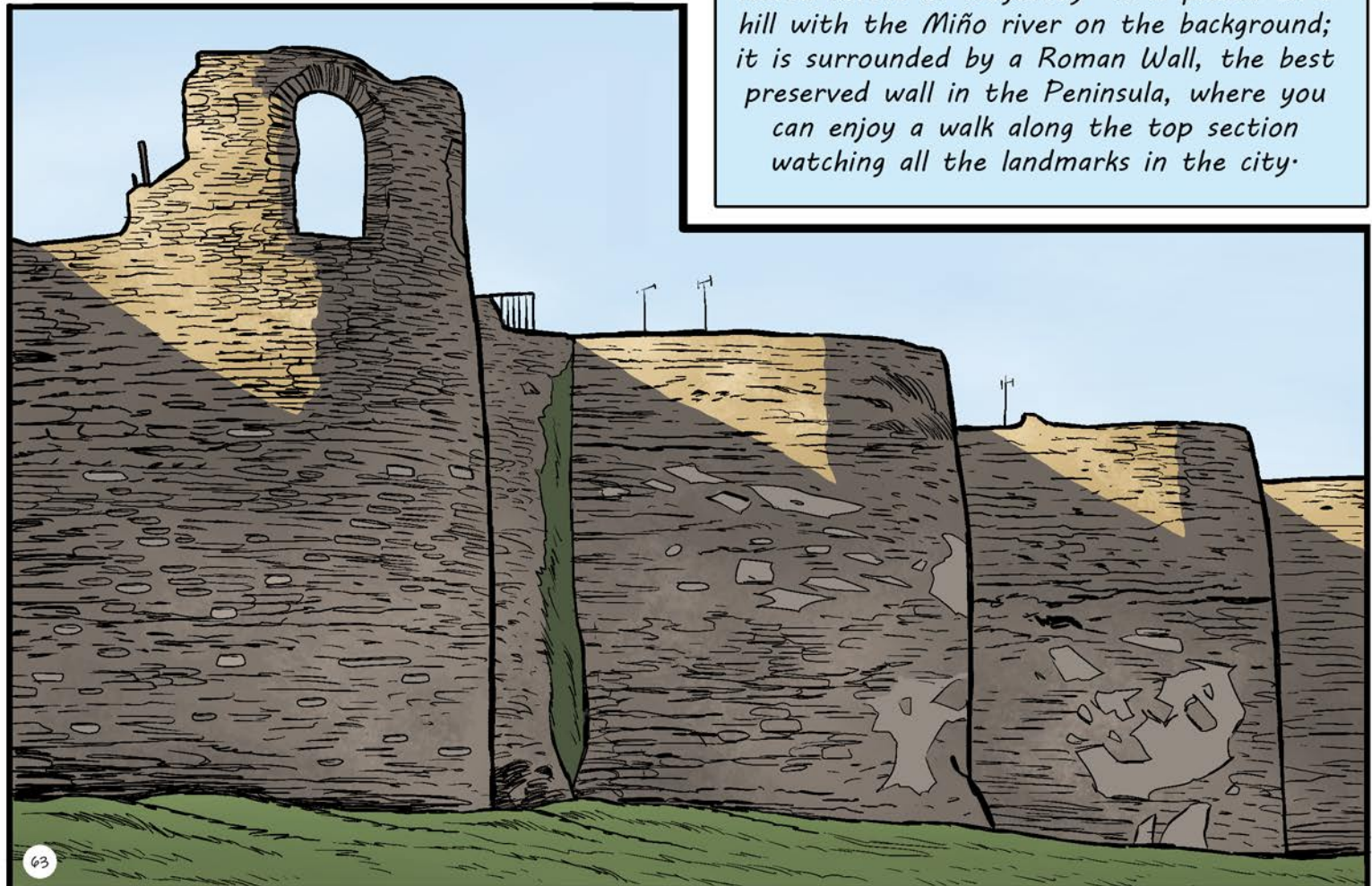


Area km ² :	330
Nº of inhabitants:	97,795
Foundation date:	25 BC
Demonym:	Lucense, Lugués/a

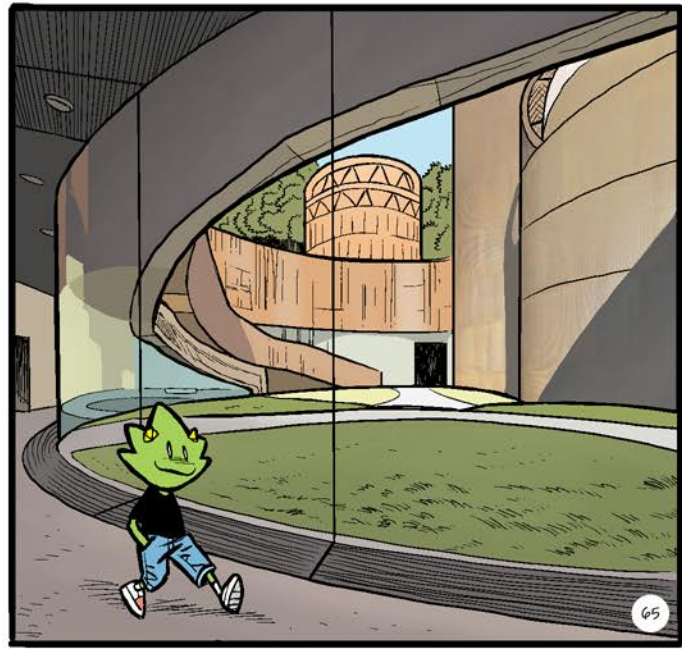


62

If we can find an ancient and historic city, that is Lugo; it was founded by the romans under the name *Lucus Augusti* (the sacred forest of Augustus). It is placed on a hill with the *Miño* river on the background; it is surrounded by a Roman Wall, the best preserved wall in the Peninsula, where you can enjoy a walk along the top section watching all the landmarks in the city.



63



Walking along the wall makes you feel that the stones are talking to you and telling you the stories of the people from Lugo.

From the top of the wall you can see the Cathedral, which was built for more than one century and which was declared a UNESCO World Heritage Site along with the Roman Wall. An important collection of sacred art can be visited in the Provincial Museum, which also exhibits traditional Galician cooking utensils, mosaics and an outstanding collection of silverwork. Besides the traditional patron saint festivities, San Froilán, a Roman festival called Arde Lucus is held by mid-June, when the city becomes the setting for fights between gladiators, markets and the Roman circus for three days and the boys and girls can become Roman legionaries or even recreate life in a camp.



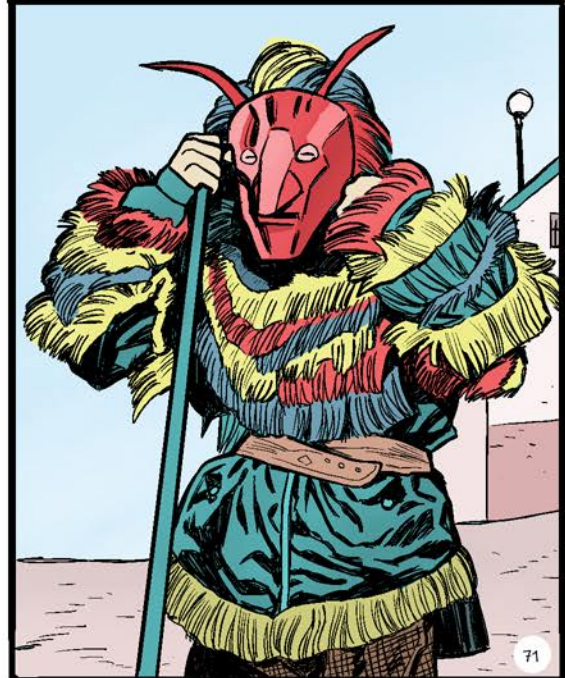
MACEDO DE CAVALEIROS



Area km ² :	699.14
Nº of inhabitants:	15,776
Foundation date:	1853
Demonym:	Macedense

Macedo de Cavaleiros is a municipality with a rich history. Archaeological evidence proves that it has been populated for many centuries. It was declared a town in 1863 and a city in 1999.





The municipality of Macedo de Cavaleiros is located in the centre of the Nordeste Transmontano [Northeastern Trás-os-Montes] region, spreading over 700 square kilometres. It has a population of about 16,000 and is divided in thirty freguesias [parishes], some of them merged into unions of parishes, with sixty-seven localities.

The territory has been designated a UNESCO World Geopark. The Terras de Cavaleiros Geopark has a remarkable geological heritage, in addition to a vast biodiversity, an extraordinary historical and cultural heritage, the local products, the rich cuisine and the hospitality of its people.

The geopark takes a proactive role in order to motivate the tourists to live rewarding experiences and become active players and not mere observers of landscapes. It contributes to the affirmation of the territory as a geoturistic destination of excellence.



MAIA

Area km ² :	82
Nº of inhabitants:	135,000
Foundation date:	1519
Demonym:	Maiato/a

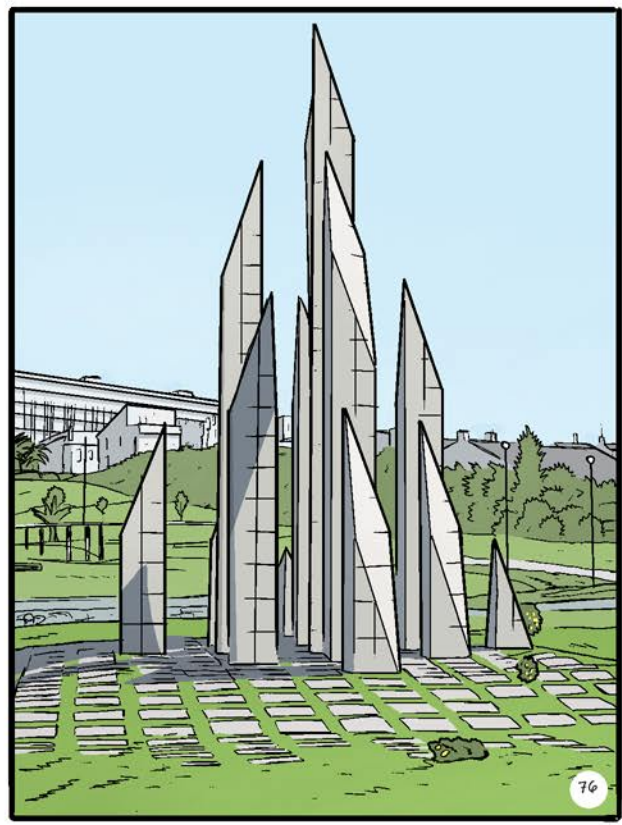
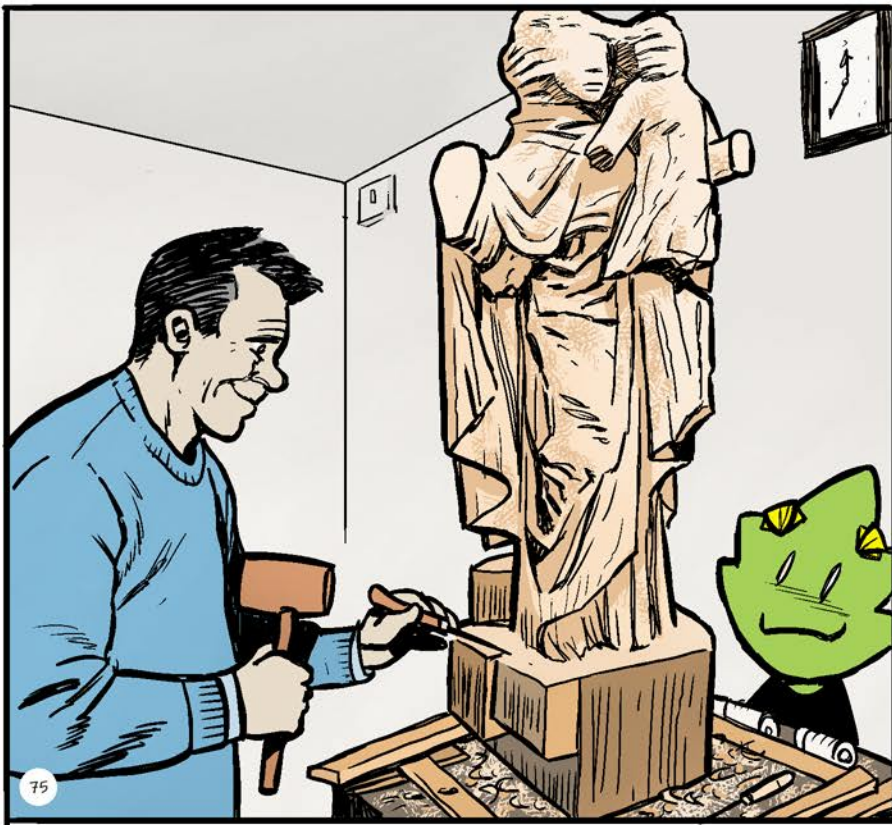
Maia belongs to the District of Oporto. It has one of the largest municipal industrial areas. The city holds many cultural events, such as the Comedy Theatre Festival, as well as sports events.



73



74



Our Handicrafts Fair is one of the best known in Portugal, with over 150 artisans from all over the country.

One of the symbols of Maia is the Lidador Tower, which is named for Gonçalo Mendes da Maia, a knight known as Lidador [the Warrior], a local hero. This tower is the fifth tallest structure in Portugal, standing to 92 metres tall and with a 360-degree vision. The City Council is installed in the premises.

The Quinta dos Cônegos is a baroque 18th century manor house surrounded by extraordinary gardens.

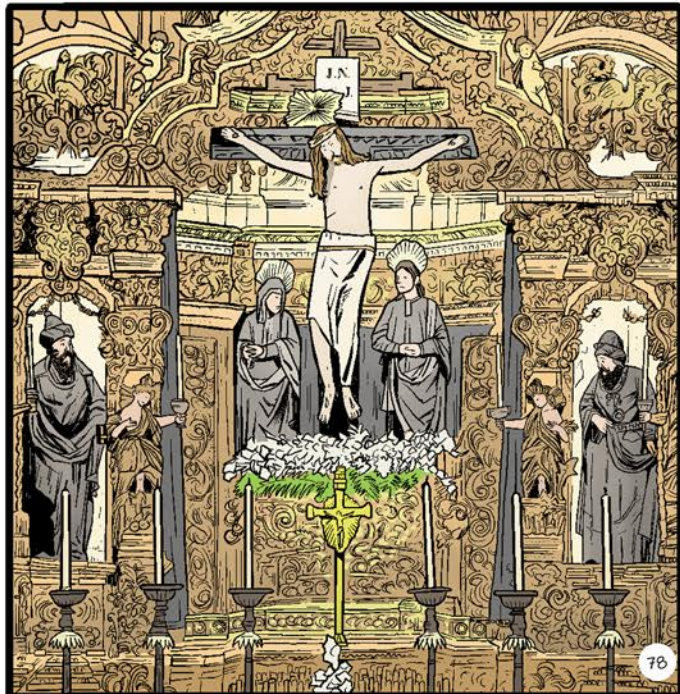
The Zoo holds nearly 100 species and attracts over one hundred thousand visitors a year.

The oldest monument in Maia, the Águas Santas church, dates back to the 10th century and has been named a National Heritage Site.



Matosinhos is located in the northern coast of the Oporto Metropolitan Area. It has been closely linked to the sea from time immemorial and holds vast beaches. This close relationship with the seas has heavily influenced the city, which is the site of the port of Leixões, one of the most important port infrastructures in Portugal. Fishing is one of the most traditional activities in Matosinhos and makes the city one of the best places to enjoy the extraordinary Portuguese seafood cuisine.

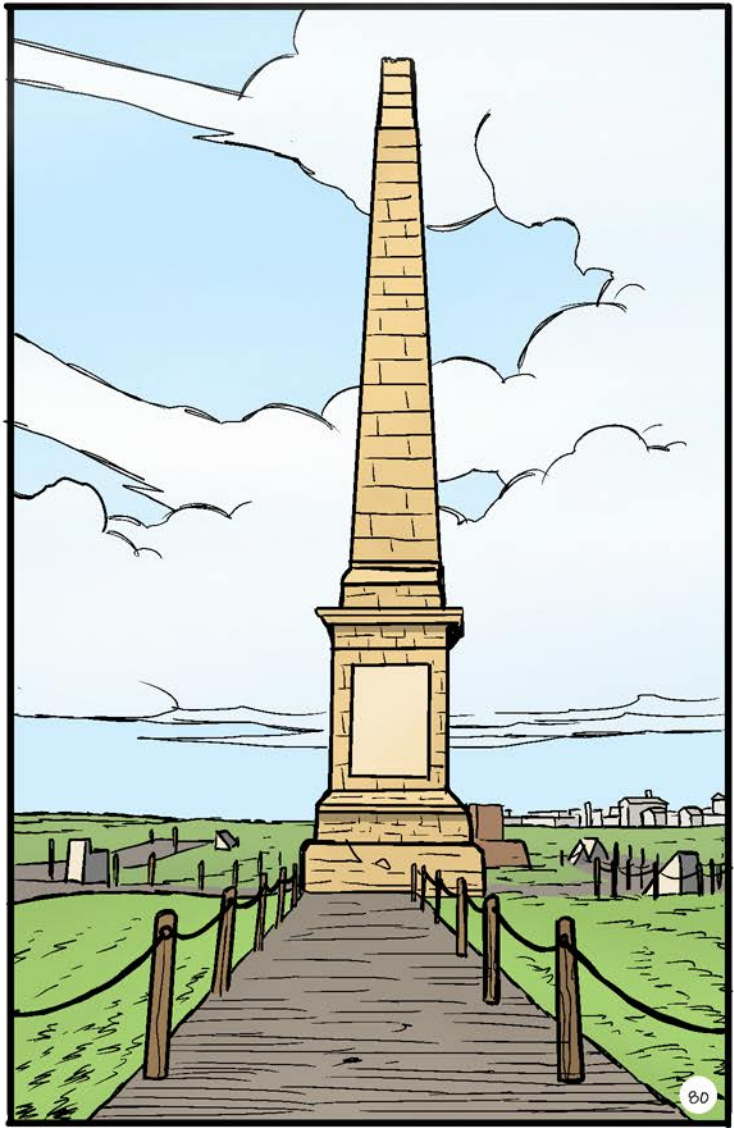
Area km ² :	62.42
Nº of inhabitants:	175,478
Foundation date:	1834
Demonym:	Matosinhense



MATOSINHOS



The image of the *Bom Jesus de Matosinhos* [The Good Lord Jesus of Matosinhos] has been venerated since the 12th century and is in the origin of one of the most important pilgrimages in northern Portugal, taking place 42 days after Easter. The shrine in which this image is held is considered to be one of the foremost historical monuments in this municipality, as is the monastery of Leça do Balio, built in the 14th century by the Order of the Knights Hospitaller. This monastery is known for having been the place in which the marriage of King D. Fernando and Leonor Telles took place. Another remarkable monument is the *Obelisco da Memória* [the Obelisk of Remembrance], marking the disembarkation in these beaches of King D. Pedro IV and his "Liberation Army" in 1832. Matosinhos is also the birthplace of architect Álvaro Siza Vieira, who left here some of his best known works, such as the *Casa de Chá da Boa Nova* [The Boa Nova Tea House] or the *Piscina das Marés* [The Tidal Pool]. The close relationship with the sea has also made Matosinhos the perfect place to enjoy a gastronomic experience with the best catches of its fishing community, tasting fish and shellfish of the highest quality.



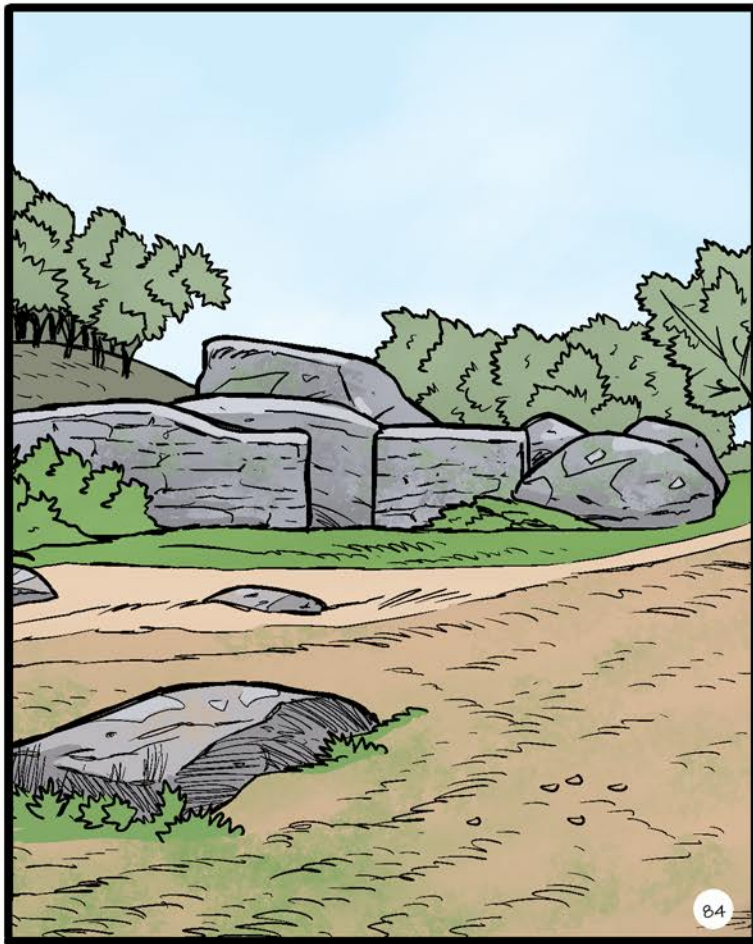


Area km²: 658.96
Nº of inhabitants: 23,850
Foundation date: 25th May 1250
Demonym: Mirandelense

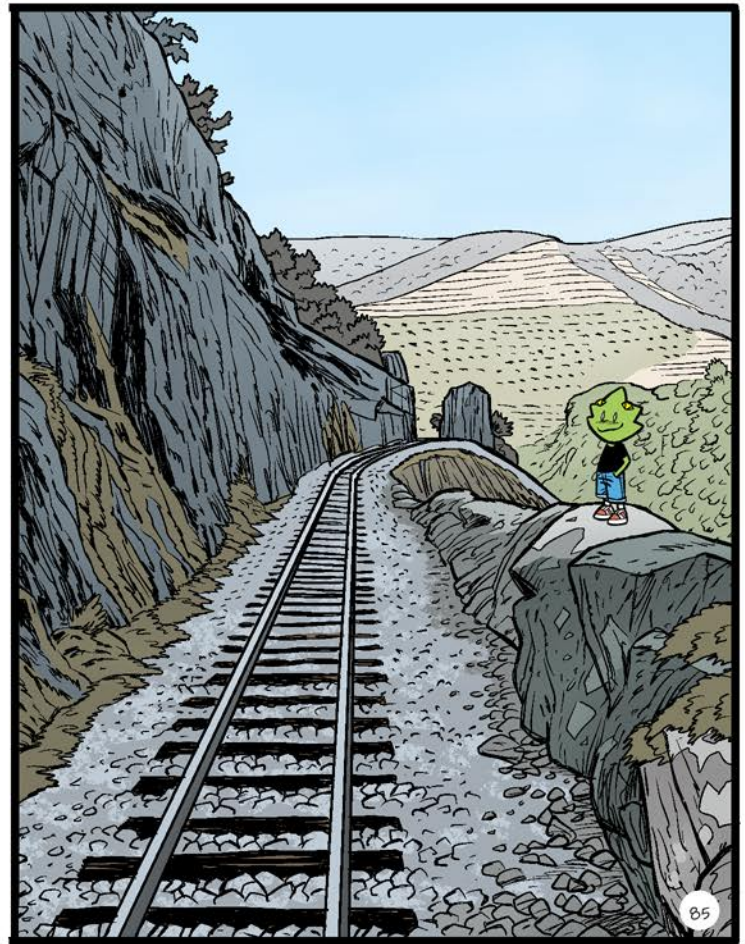
The municipality of Mirandela is in the heart of the Trás-os-Montes e Alto Douro district, traversed by the valleys of the rivers Tuela and Rabaçal, which meet to the north of the city to form the river Tua, a tributary of the Douro.

MIRANDELA





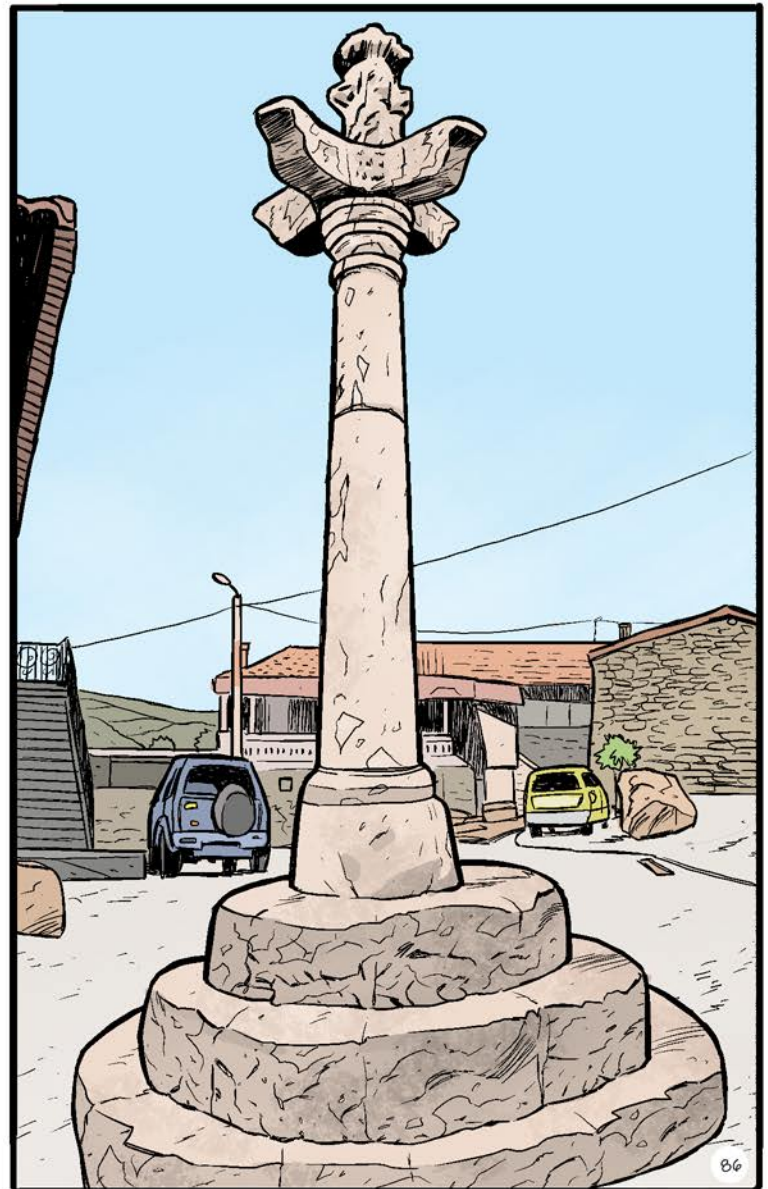
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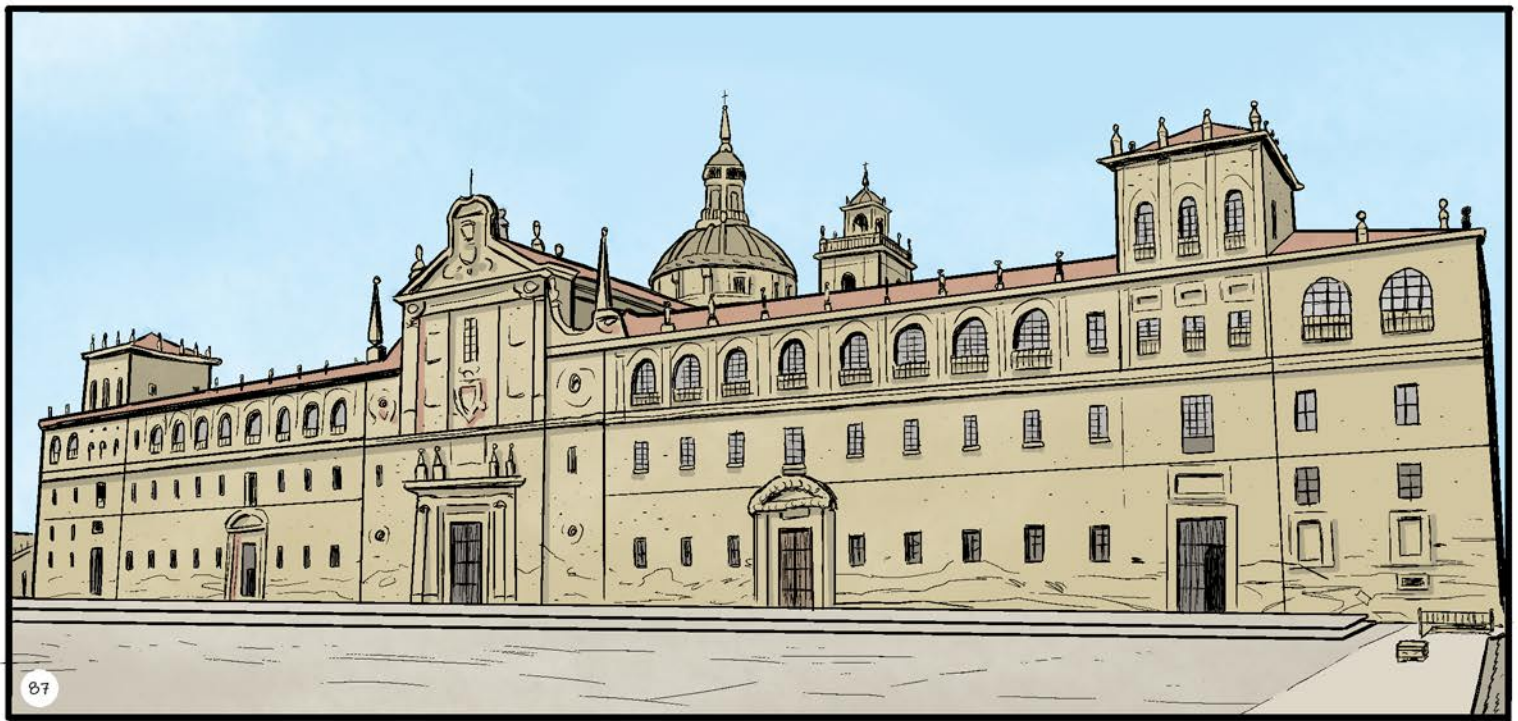
85

The settlements in this land offer a rich and varied natural, landscape, cultural and artistic heritage, the result of many centuries of history, as proved by the megalithic monuments, castros [fortified settlements] and numerous ruins of Iron Age fortifications built along the valleys, or the emergence, during the Modern Age, of the seigniorship of the House of Távora. The history of Mirandela is marked by the creation of the Municipality of Mirandela in the year 1250 by royal charter granted by King D. Afonso III. A few years later, in 1282, through a charter of transferences granted by D. Dinis, the town is relocated from the village of "Castelo Velho" to Cabeço de S. Miguel, where the Historic Centre is located today; its current geographical boundaries were established in 1884.

But what makes Mirandela proud, its most important asset in addition to the Alheira de Mirandela (bread and game meat sausage) - the seventh wonder of Portuguese gastronomy - and its people, is the olive tree and its oil.



86

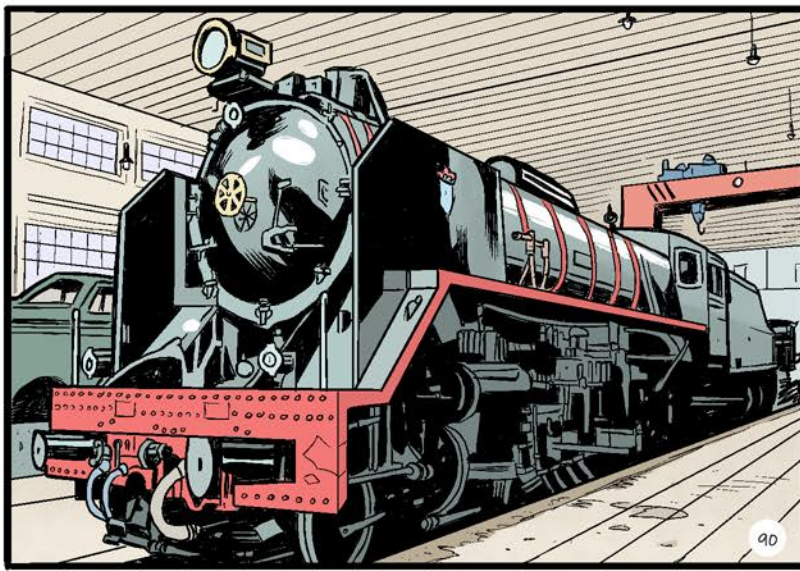


MONFORTE DE LEMOS

Area km²: 199.5
Nº of inhabitants: 18,783
Foundation date: 1104
Demony: *Monfortino/a*

Monforte de Lemos is a mountain (S. Vicente), a valley (Lemos) and a river (Cabe) that fell in love and finally came together.



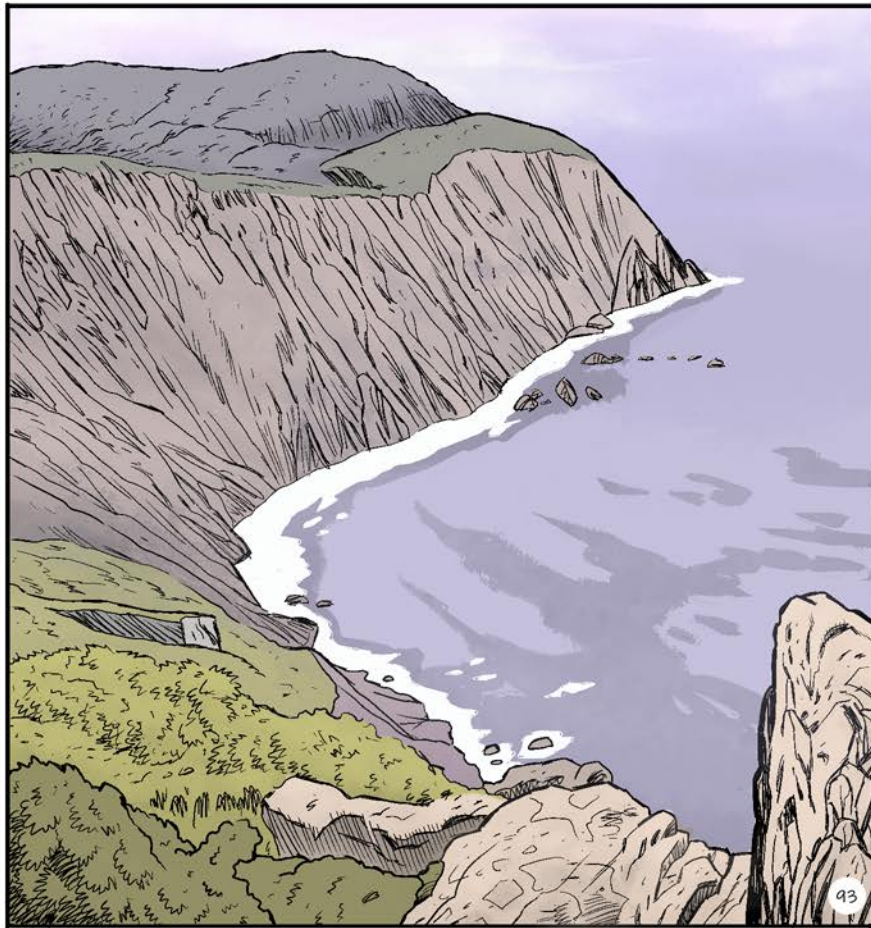


Monforte is a city where there is so much to see. The Monumental Complex of S. Vicente do Pino which keeps medieval, modern and contemporary traces can be found in the mountain. The complex includes the Torre da Homenaxe (the keep), the monastery of S. Vicente do Pino and the Pazo of the Counts of Lemos (a Galician manor house). This complex is the artistic gem of the city along with the Convent of Santa Clara and the Cardinal Rodrigo de Castro School. The most important sites of the historic centre are placed among this three artistic gems: the burg and the medieval wall, the Jewish area, the Convent of Santo Domingo, the Wine Centre of the Ribeira Sacra and the Ponte Vella (old bridge). Outside the historic centre there are also some places to visit: Pazo Muíños de Antero, Pazo de Tor, the Railway Museum of Galicia...



NARÓN

Narón is the eighth city of Galicia and its population almost reaches 40,000 inhabitants. The remarkable population growth that this municipality has been experienced since the beginning of this new century is the result of an attractive industrial and service offer.



Area km ² :	66.91
Nº of inhabitants:	39,280
Foundation date:	1837
Demonym:	Naronés/a

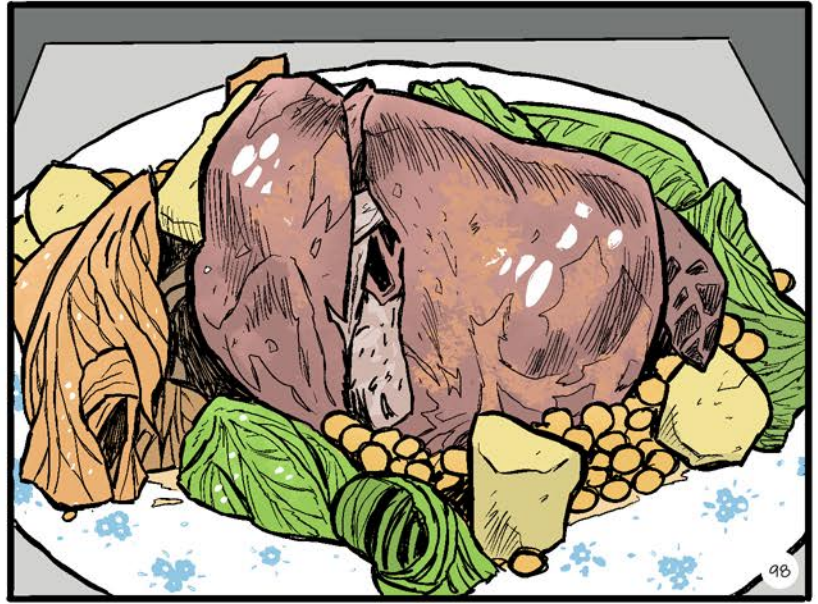




It is located in the northwestern área of the province of A Coruña, among the municipalities of Ferrol, Valdoviño, San Sadurniño and Neda. Its lands touch the Atlantic Ocean (the Artabrian Coast) and the estuary of Ferrol. Narón is a diverse reality made up of its natural and historic heritage, its landscape, its culture and specially its people, its civil society. That is the great wealth of this city. We have all the necessary tools to make a new thriving city with industrial parks, infrastructures, green areas and services such as e-government.



O Barco is the capital city of the region of Valdeorras, the place where the river Sil enters Galicia. The old gold mining can be traced in the remains of the Roman period, the current mining activity (slab) is the main source of wealth. It is a transit route where the romans built the Via Nova which linked Braga and Astorga, which has been crossed by the railway since 1833 and where the pilgrims that choose the Winter Way to Compostela go on their way.



O BARCO DE VALDEORRAS

Area km ² :	84
Nº of inhabitants:	13,520
Foundation date:	1478
Demonym:	Barquense





The streets of the old town were laid out following the course of the river Sil. Galleries and balconies are placed near the river banks offering an image to behold. The Main Square, a triangle with the church of San Mauro placed on the vertex, opens to the river and an old dock from the times when it should be crossed by boat (Porto da Barca). At present, O Barco is a lively and modern town which offers a wide variety of commercial services, leisure, cultural activities and gastronomy.

The production of wines with the registered designation of origin Valdeorras is another economic asset. The white wine godello, which is well known all over the world, is produced here.

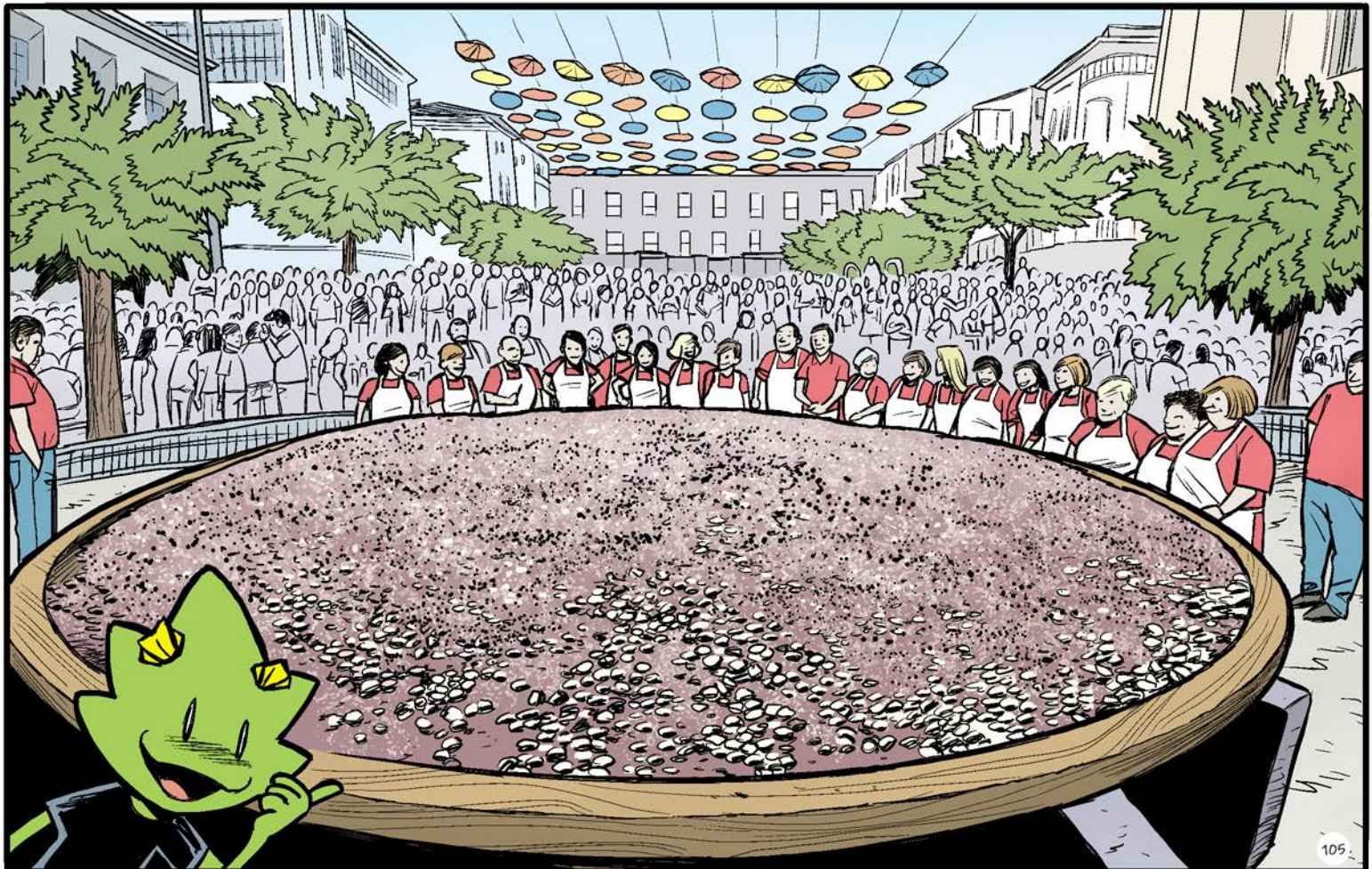


O CARBALLIÑO

Area km²: 54.4
Nº of inhabitants: 14,036
Foundation date: 1812
Demonym: Carballinés/a



O Carballiño is the most recent population entity in the region. It was founded around the fair created by the monks of Oseira in the first third of the XVIII century. It is a tourist town and a resort placed at a crossroads northwest of the province of Ourense.

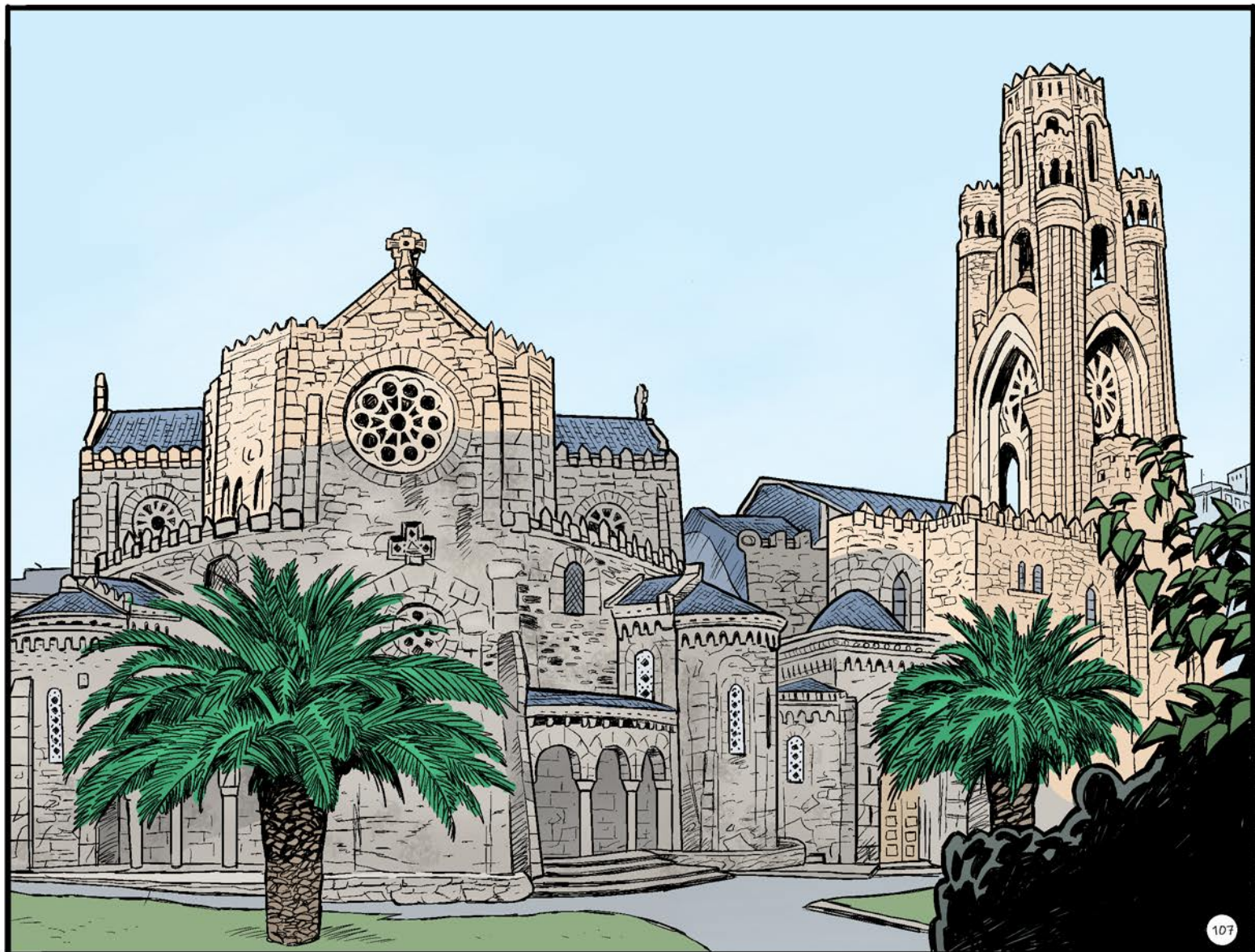


There are two resorts: Gran Balneario de O Carballiño, created in 1900, and the resort Caldas de Partovia, which was refurbished in 2017.

The most important monument is the Temple of Veracruz, the posthumous work of Antonio Palacios. The Municipal Park is also noteworthy, with more than 500,000 m² of green area, a wooded area and a riverside walk.



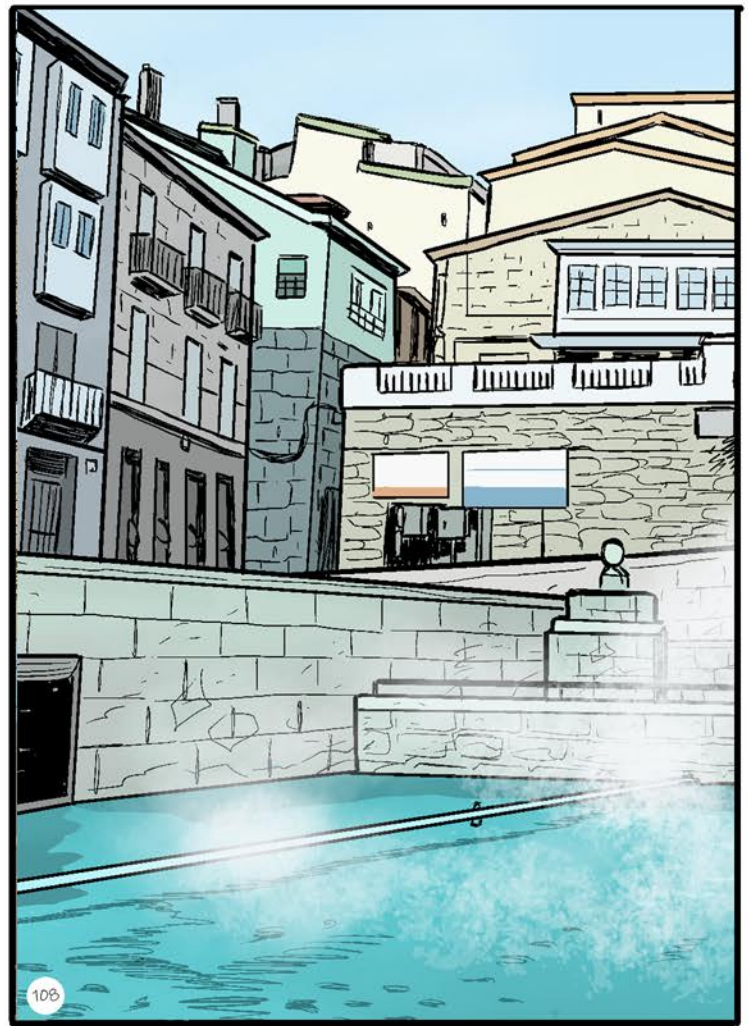
O Carballiño is the cradle of polbeiras and polbeiros of Galicia (women and men cooking and cutting the octopus), that is why the most distinctive dish of its gastronomy is polbo á feira (Galician octopus style), which can be tasted in restaurants or fairs held every month on the 16th and 31st.



OURENSE

Area km²: 84.5
Nº of inhabitants: 105,636
Foundation date: first century AD
Demonym: Ourensán/á

Ourense is well known by its waters: the Miño river, which flows across the city, and the thermal waters. The most famous springs are located in As Burgas, where the Roman legions settled more than two thousand years ago, founding the ancient city. The Romans also built the Ponte Vella (Old Bridge), a strategic passage over the river Miño that stays in place today and is the symbol of the city.



108

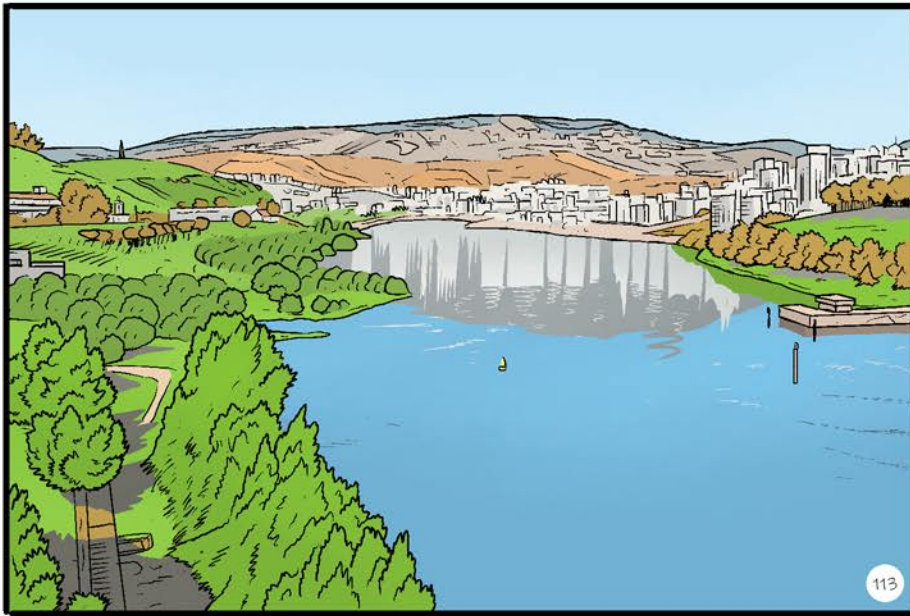


109

The springs of As Burgas, along with the Main Square and the Cathedral of San Martiño are the main monuments of Ourense. All of them are located in the Historic Centre, the old medieval city with narrow streets and small squares with beautiful fountains. The Main Square is unique because of its sloping surface. The old city is full of places where you can have snacks and tapas, specially octopus, which can be tasted every Sunday.

The banks of the river Miño are frequently visited because most thermal facilities in Ourense are located there; mineral medicinal water pools built of stone, where you can enjoy a hot bath in touch with nature at any time throughout the year. The area is known as the Thermal Route of Miño, and in addition to thermal waters, the place stands out for its large green area dominated by the riparian forest, home of different birds, amphibians and small mammals.



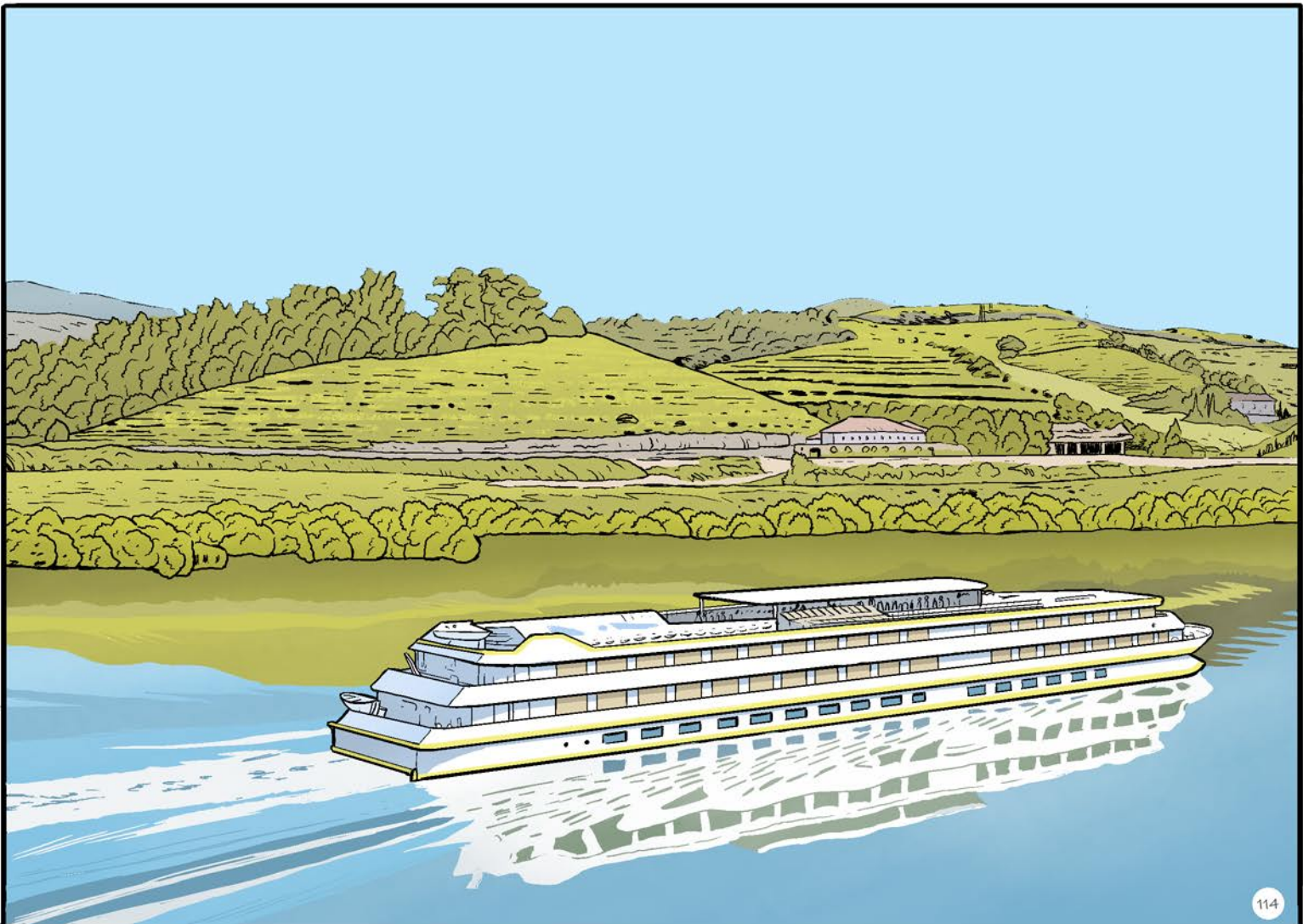


PESO DA RÉGUA



Area km ² :	94.86
Nº of inhabitants:	17,131
Foundation date:	between 1202 and 1207
Demonym:	Reguense

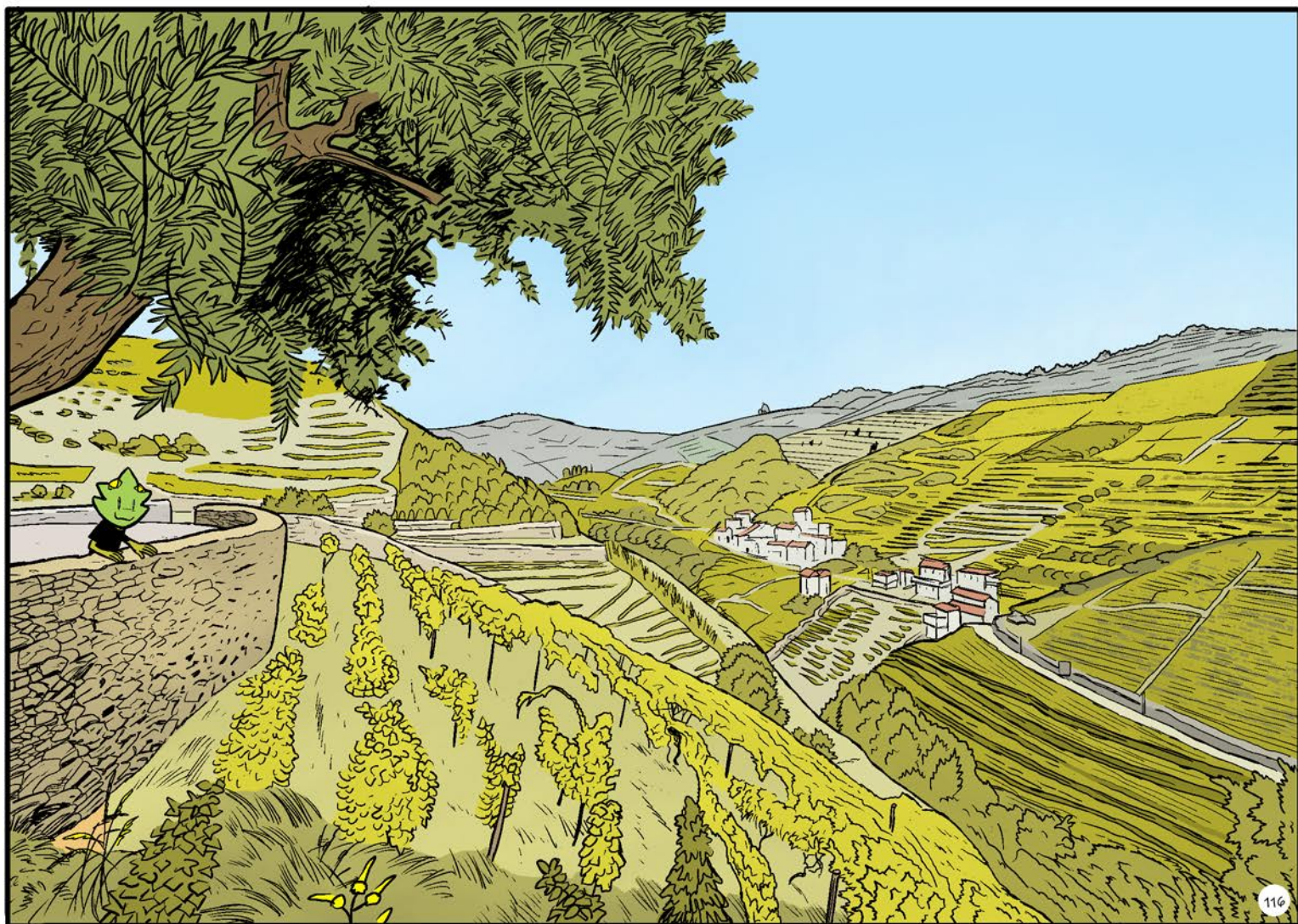
Peso da Régua was founded during the reign of King D. Sancho I, between 1202 and 1207. On 26 December 1513, King D. Manuel granted a charter to the land, which was made a municipality in 1836.





115

Peso da Régua is the cradle of the first demarcated and regulated region in the world, the Douro Demarcated Region. It was the place where the Companhia Geral da Agricultura das Vinhas do Alto Douro [The General Company of Alto Douro Viticulture] was instituted in 1756. The building in which the company was seated is today the Museu do Douro [The Douro Museum], where it is possible to learn more about the identity of the region. The Douro Vinhateiro [Winegrowing Douro] area landscape was designated a World Heritage Site by UNESCO. The river Douro is a decisive element in the formation of the territory and in the way we evolve. Visits to Peso da Régua and the Douro provide for a very wide variety of scenarios and take us along events filled with strong sensations, as charming as the discovery of new challenges with each passing moment.



116



117

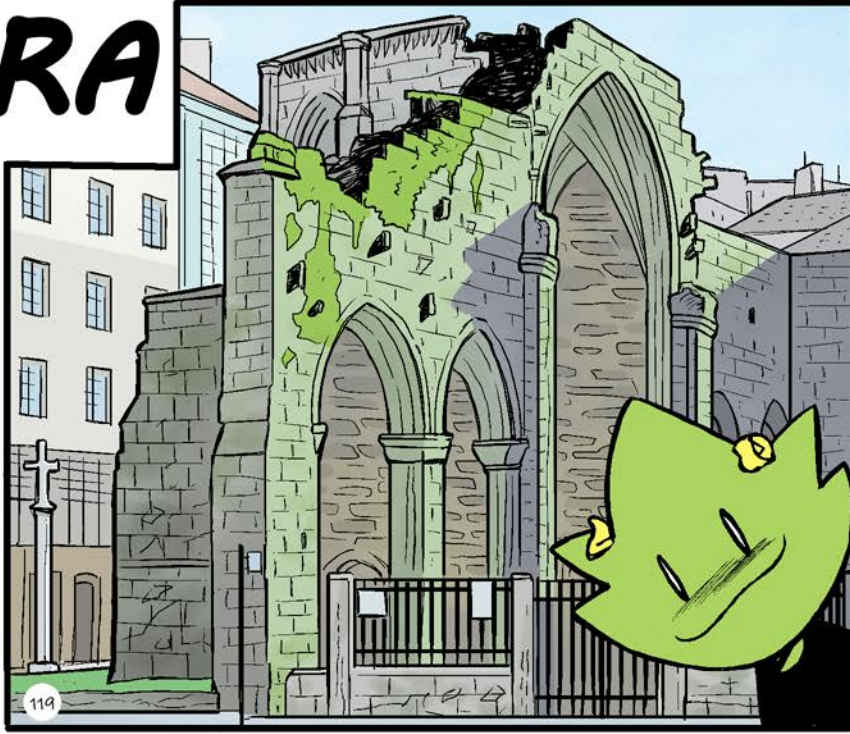


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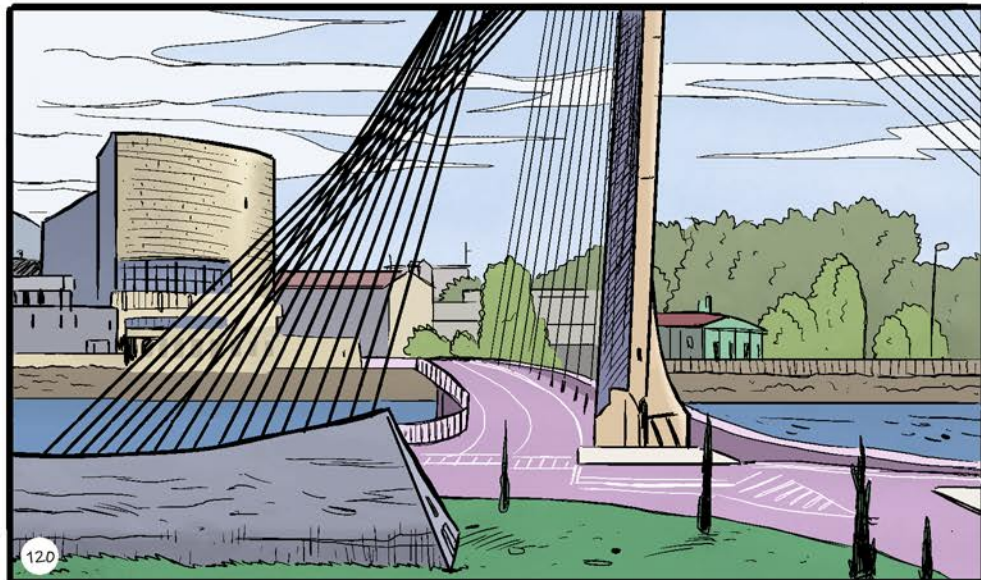
PONTEVEDRA

Area km ² :	118
Nº of inhabitants:	84,000
Foundation date:	uncertain
Demonym:	Pontevedrés/esa

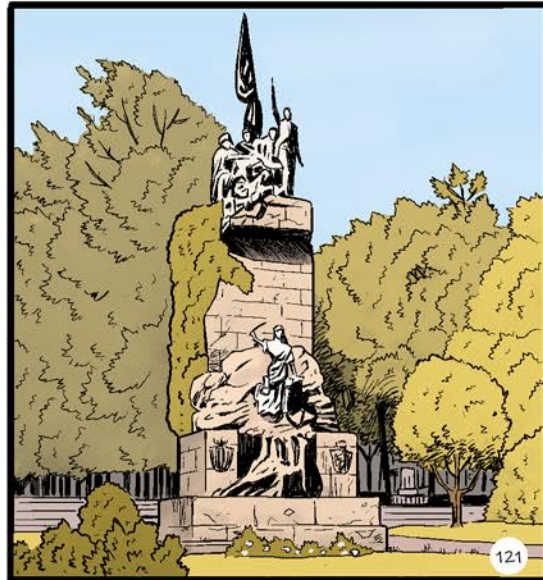
The city underwent a substantial change due to the urban reform and the pedestrianisation of the Historic Centre, which started in 1999. Since then, it has been extended to the whole capital city to improve urban quality.



119



120



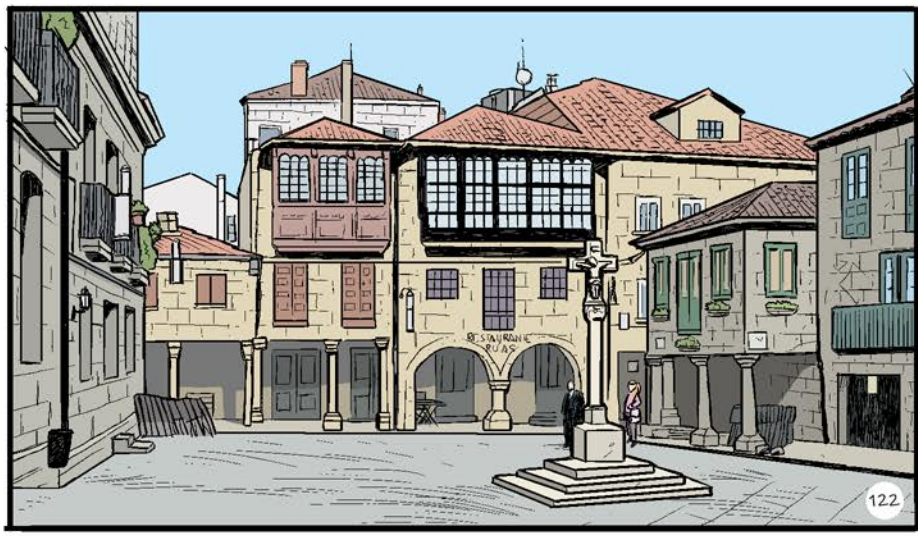
121

The city has changed according to a design which removes space for cars to gain public space that can be devoted to other activities related to coexistence and sociability. That way, natural mobility (especially pedestrian mobility) is promoted rather than motorised mobility.

By doing so, we get the streets and squares back, which become a meeting point for the citizens according to the fundamental right to public space.

Moreover, the emission of greenhouse gases is reduced, violence in the road is tackled, universal accessibility is widespread, bikes blend into the city without segregated areas, local consumption and circular economy are encouraged. All this is achieved by means of the strong social participation.

Thanks to the new design, the city starts to be widely known in the world as a reference of urban quality supported by several international prizes awarded in Brussels, Dubai, New York and Hong Kong among other cities. The city's commitment to being a high quality space is the main benchmark of the capital city at present.



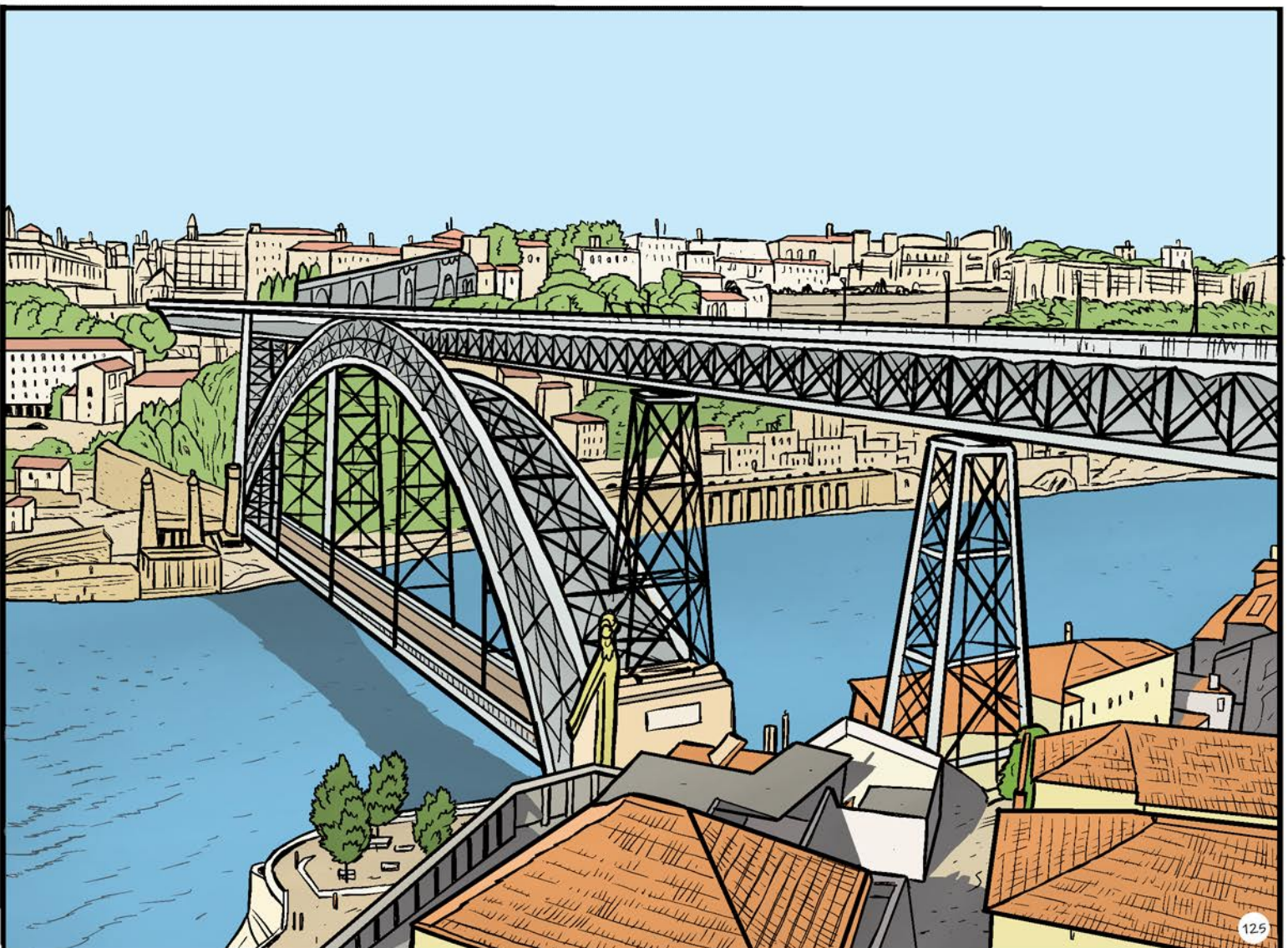


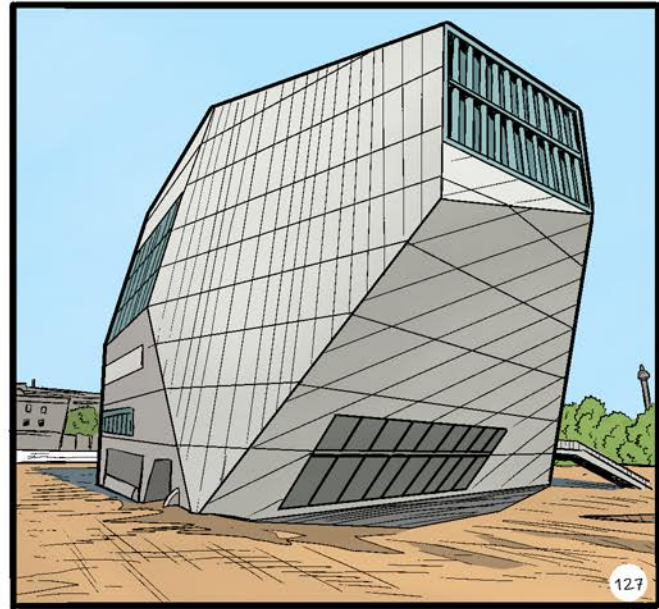
OPORTO



Area km ² :	41
Nº of inhabitants:	214,353
Foundation date:	1123
Demonym:	Portuense, tripeiro/a

Oporto is located in the northern coast of Portugal. It is known as the *Cidade Invicta* [The Unbeaten City] and called the *Capital of the North*. It is the city that gave Portugal its name (Portus Cale).

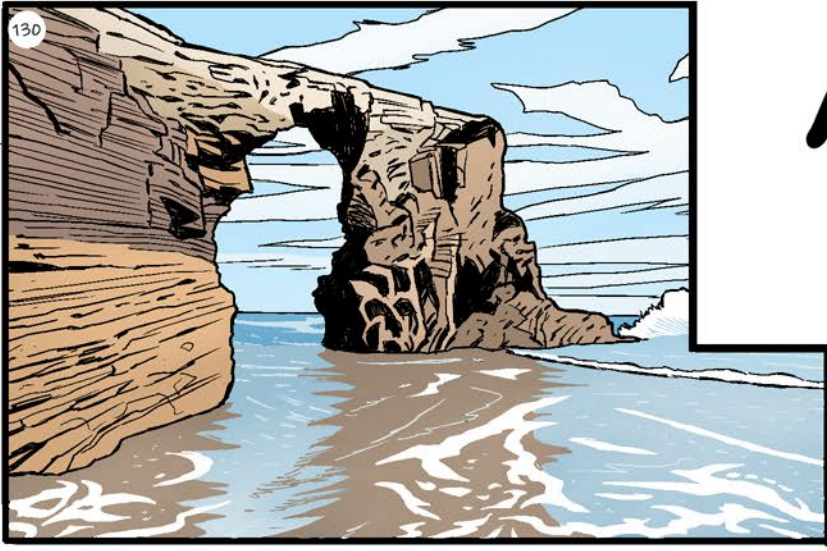




The city is known worldwide by the Port Wine and its gastronomy, by its bridges and architecture, by its Historic Centre, designated a World Heritage Site in 1996 by UNESCO as Cultural Heritage of Humanity. Oporto was European Cultural Capital in 2007 and was elected as "Best Destination in Europe" - European Consumers' Choice three times, in 2012, 2014 and 2017. The Local Government has education as the main purpose of its action, introducing educational programs and projects and promoting equal opportunities to strenghten the citizenship culture and values. Oporto signed in 1990 the Charter of Educating Cities, the principles and values of which are articulated with the Convention on the Rights of the Child.

Oporto is a place full of history, where the river flows into the ocean, stimulating the senses in the quest for knowledge and learning.



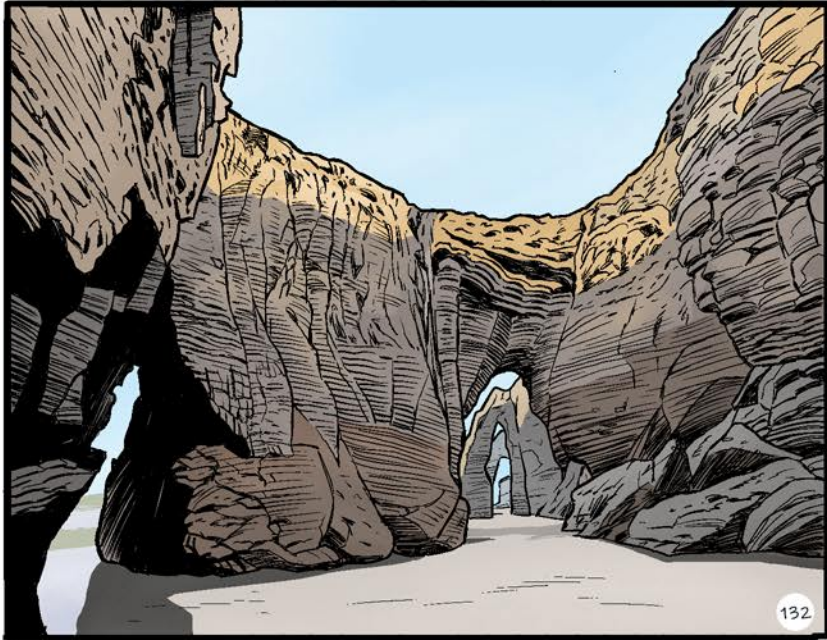


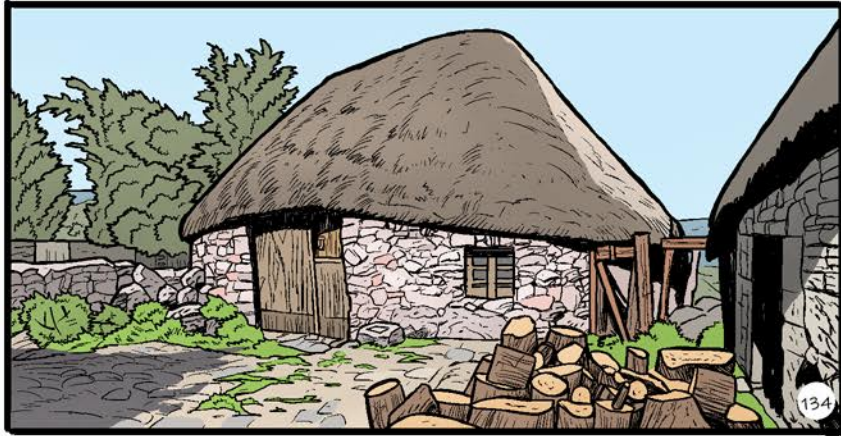
PROVINCE OF LUGO

Area km ² :	9,856.6
Nº of inhabitants:	333,634
Foundation date:	1833
Demonym:	Lucenses, Lugueses



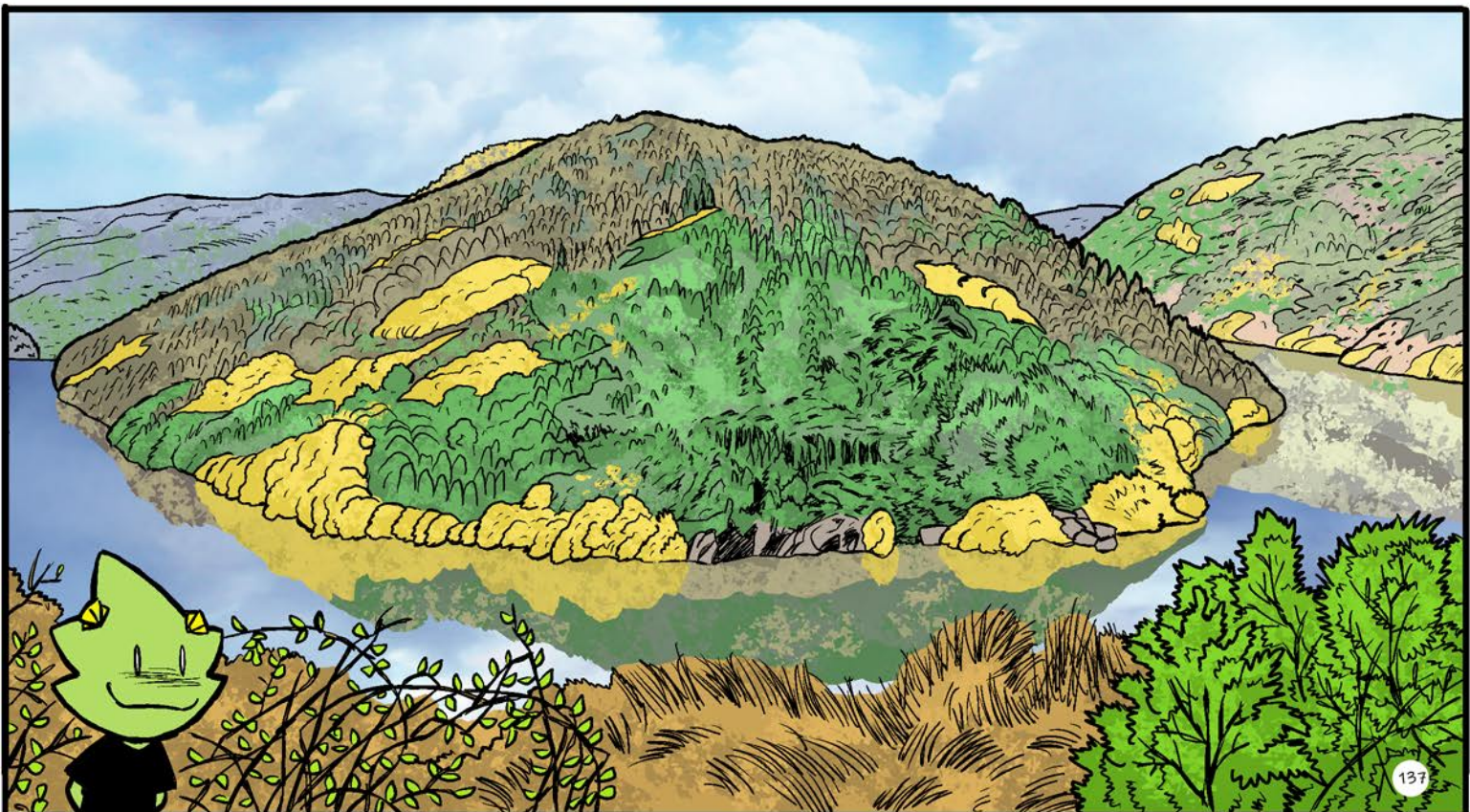
The province of Lugo is located on the northeast of the Autonomous Community of Galicia and if we compare the four Galician provinces, Lugo is the largest one. It is a highly diverse territory if we consider the different landscapes we can find here: from the coastline going through the mountain ranges of Os Ancares and O Courel, the vast expanse of flat land formed by the municipalities of Terra Chá, the city of Lugo - the capital city of the province - , the geographical depression of Lemos to the Ribeira Sacra. Its natural, social and cultural wealth becomes evident.





Even though the primary sector has been the provincial economic engine, today we are living a process of economic tertiarisation where services and industry have increased their percentage share compared to the agriculture, fishing and livestock sector.

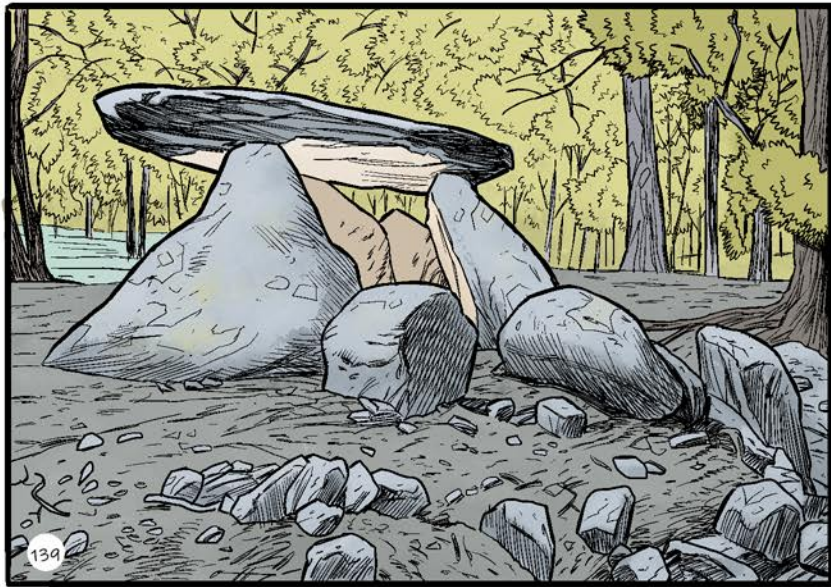
The roman wall of Lugo stands out as the most remarkable monument of the cultural heritage. It was built by the romans between the III and IV centuries and it is the only monument of such features in the world that keeps its entire perimeter. We should not forget the four official Ways of St James, which spread all over the area and turn the province of Lugo into the Spanish province with more kilometers of Jacobean routes to Santiago.

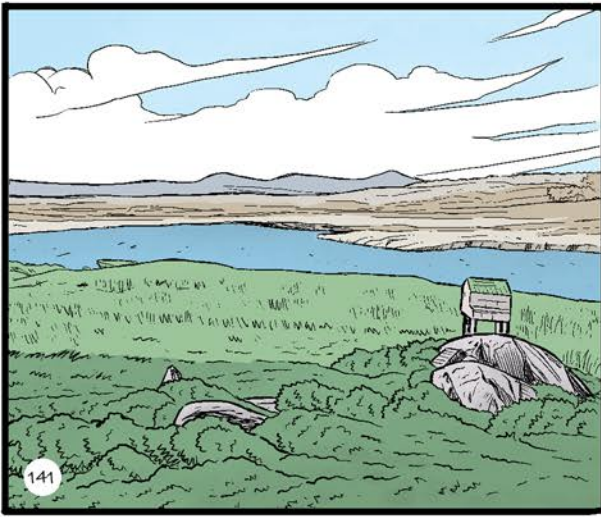




RIVEIRA

Area km ² :	69
Nº of inhabitants:	27,156
Foundation date:	1833
Demonym:	Riveirense





141



142

The Municipality of Riveira is divided into nine parishes: Palmeira, Oleiros, Riveira, Castiñeiras, Aguiño, Carreira, Artes, Olveira and Corrubedo.

It is the main town of the region of O Barbanza, located in the south of the province of A Coruña and on the right bank of Ría de Arousa. Riveira has been inhabited since prehistoric times, as evidenced by the Dolmen de Axeitos, which was built more than 5,000 years ago, or the menhir de Bretal. The petroglyph of Pedra das Cabras dates back to the Metal Age and the settlement of the Castro da Cidá is an example of the villages that were built here in the first millennium before Christ. The gravestones found in the parish of Olveira and the ceramic materials collected in the island of Sálvora remain as evidence of the arrival of the Romans.

Since the late XI century, in the Middle Ages, there has been a parish in Santa Uxía but the place name Riveira can be found in the year 1387, "Santa Ougea de Ribeira". From this moment on the village starts to grow thanks to the fishing activity and in the year 1906 it was granted the title of city. Besides, since 2007 it has been considered as a Tourist Galician Town.



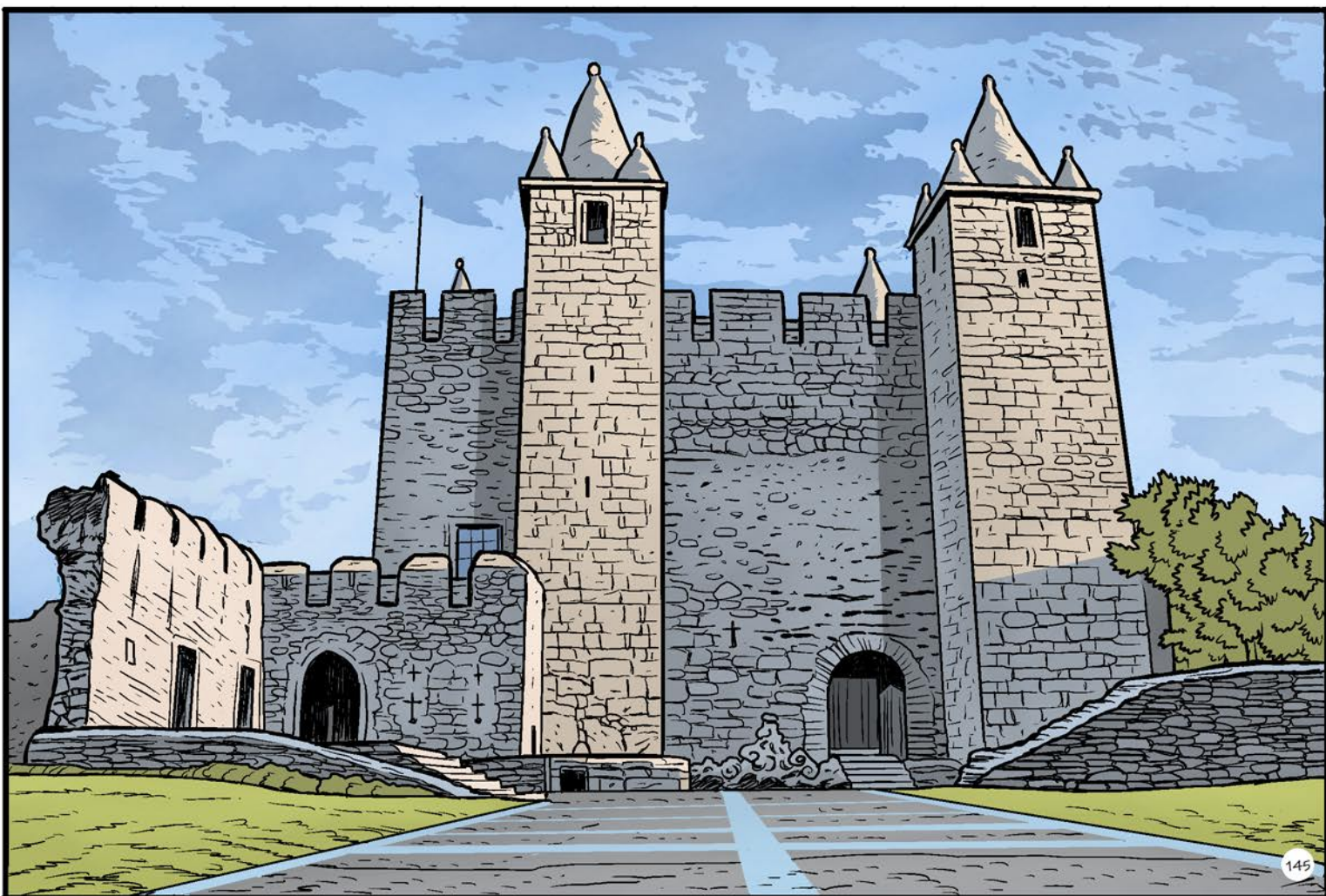
143

SANTA MARIA DA FEIRA

Area km ² :	213.45
Nº of inhabitants:	140,000
Foundation date:	1514
Demonym:	Feirense



144



145



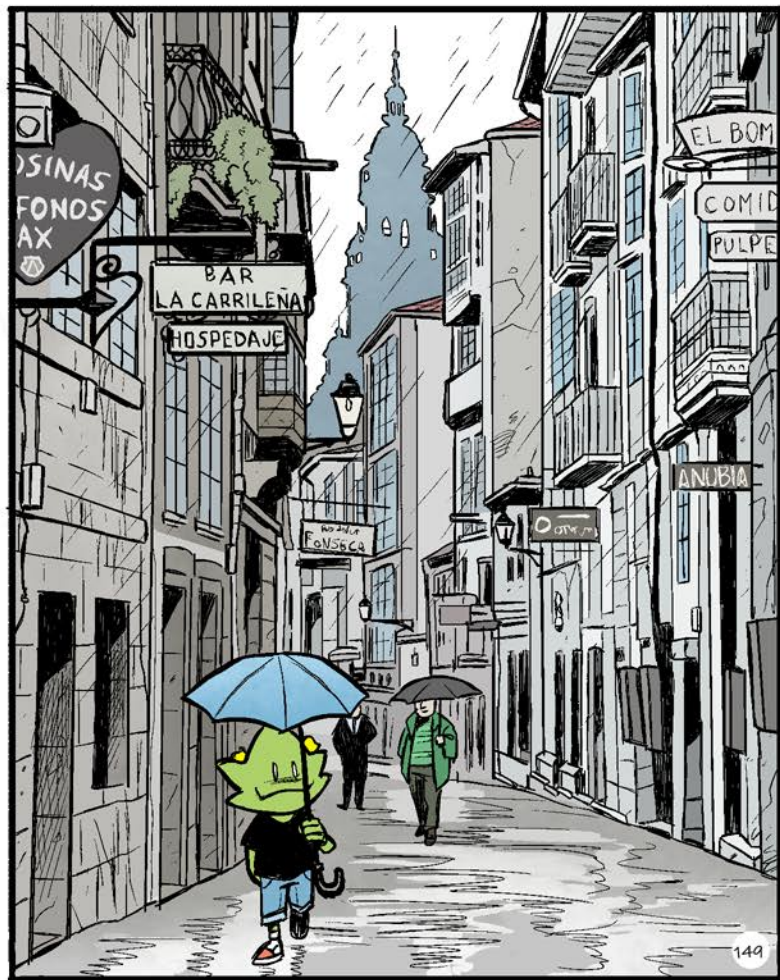
Santa Maria da Feira is a municipal capital of the northern region of the country, part of the Oporto Metropolitan Area and the district of Aveiro. It stands out by its tall castle, the origins of which can be traced back to the 10th century, the Igreja Matriz [Mother Church], built in the 18th century, the Igreja da Misericórdia [Church of Mercy], from the 16th century. [Visitors may

tour all these interesting places] or simply relax, stroll and discover the beautiful Historic Centre. The most famous festivity is the Festa das Fogaceiras [Bread Maids' Festival], full of tradition and devotion, which takes place on 20 January. The high point of the festival is the *Viagem Medieval* [Medieval Trip], in which the whole city seems to travel in time to the Middle Ages and many activities, entertainment and shows take place, gathering a large number of visitors. Santa Maria da Feira has excellent infrastructures, such as the Europarque - a conference centre which holds several cultural events, and very interesting museums, among these the *Museu do Papel* [The Paper Museum], *Museu dos Lóios* [Lóios Museum], or *Museu de Santa Maria de Lamas* [Santa Maria de Lamas Museum].





Area km²: 220
Nº of inhabitants: 95,966
Foundation date: IX century
Demonym: Compostelán/á,
 picheleiro/a,
 santiagués/esa

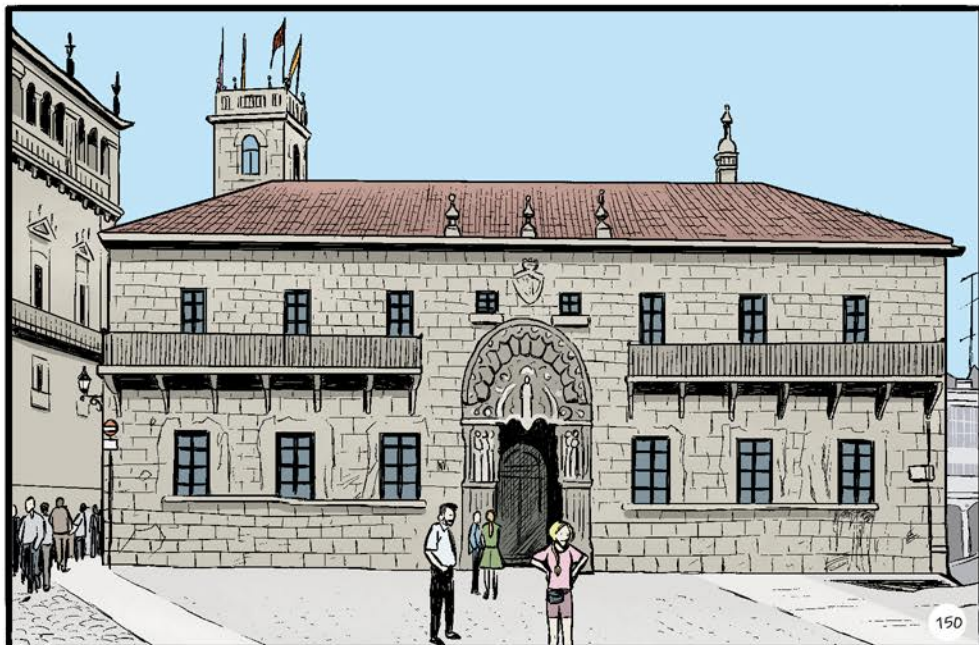


Santiago, the capital city of Galicia and a World Heritage Site by UNESCO is the pilgrimage destination of the Way of St James. Pilgrims from all over the world follow the route and look for the Jubilee every Holy Year. It has been a Holy City for a thousand years and a university city for more than 500 years. At present, Santiago is a lively and monumental city which is made for strolling around.

You must visit the Cathedral, the Obradoiro façade and the Pórtico da Gloria, the work of Mestre Mateo. You should not miss climbing to the roof of the cathedral, visiting the Apostle Santiago, admiring the famous thurible or Botafumeiro working, seeing the Porta Santa (Holy Door) in the Quintana square, and visiting the Colexiata de Sar or the City of Culture.



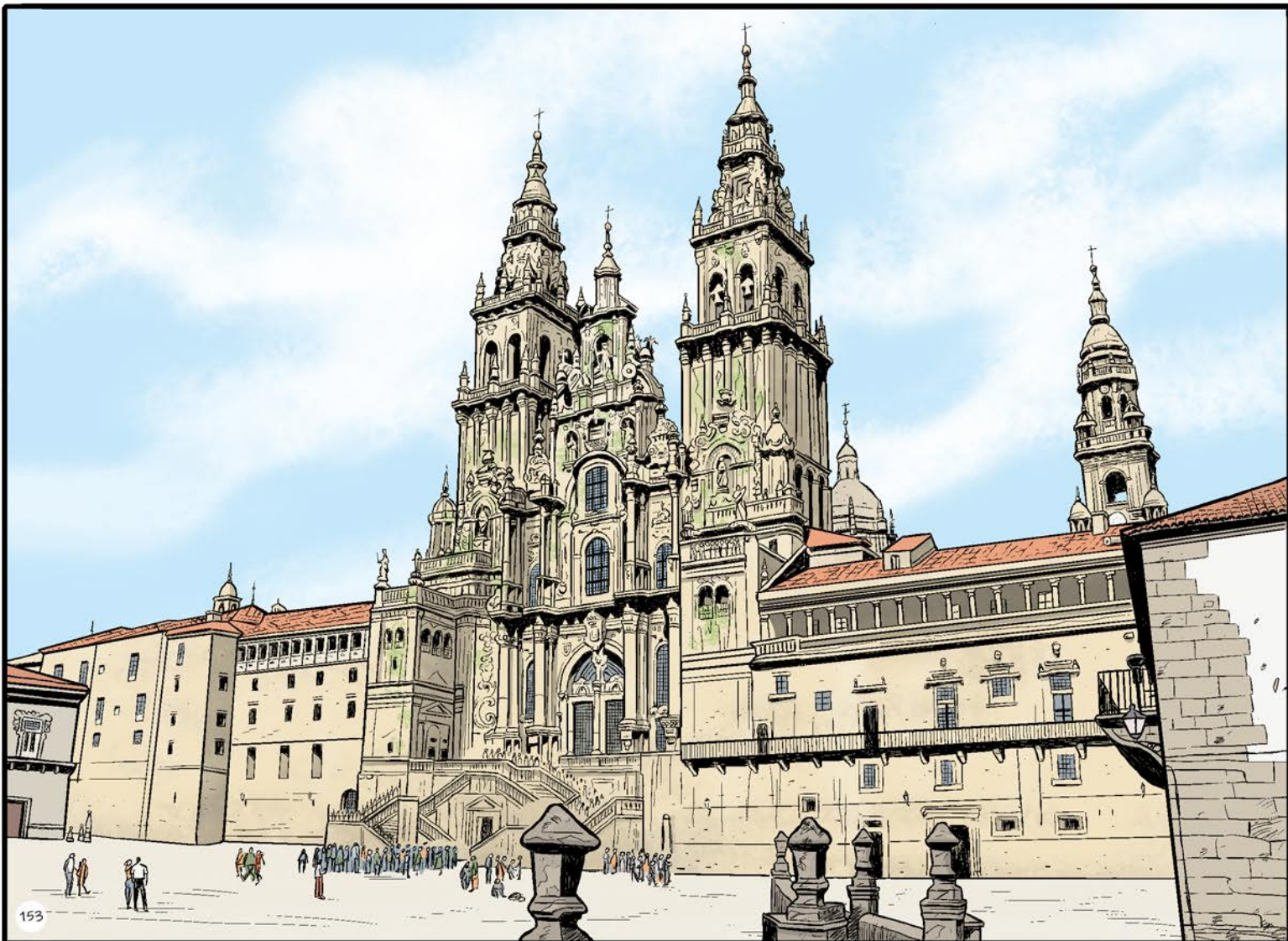
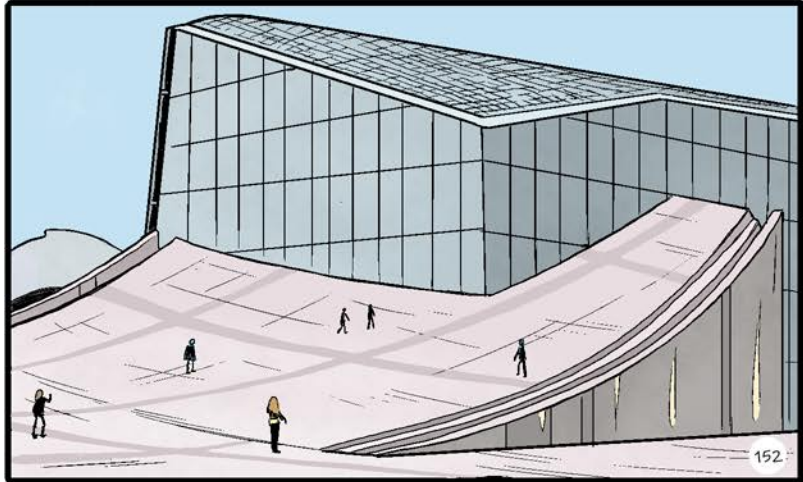
SANTIAGO DE COMPOSTELA





The Cathedral is the most important work of Romanesque art in Spain.
The building of the cathedral got under way in 1075, with a Latin cross plan and towers that can be seen from far away. It is also interesting to visit the Pobo Galego Museum, the Galician Center of Contemporary Art, the Pilgrims' Museum...

There are some green areas such as the Alameda, where you can see as dúas Mariás (the two Mariás) or the Bonaval park. We must not forget about the City of Culture and its surroundings.





SARRIA

<i>Area km²:</i>	<i>184.60</i>
<i>Nº of inhabitants:</i>	<i>13,359</i>
<i>Foundation date:</i>	<i>Late XII century, by Alfonso IX</i>
<i>Demonym:</i>	<i>Sarriaos/ás</i>



Sarria is an inland town in the province of Lugo, it is located in the valley of river Sarria, 115 km from Santiago de Compostela on the French way; this is one of the reasons why many pilgrims from different nationalities choose Sarria to start the pilgrims' way on foot and arrive in Santiago de Compostela.



The Way goes across the historic centre, where you can see remarkable monuments such as the Fortress Tower, which is placed in the highest part of the town. It is the only element preserved from an ancient military fortress built on the XIII century and demolished during the *Revolta Irmandiña* (the peasant rebellion). You can also visit the Magdalene Monastery, founded on the XII century to welcome the pilgrims. Next to the Fortress Tower you can visit the livestock Market, where the livestock fairs are held every month on the 6th, the 20th and the 27th. At present, Sarria is a modern and lively city which offers a wide range of commercial, cultural, sport and leisure activities. There are remarkable leisure areas such as the Town Square, the promenade *Paseo do Malecón* or the Chanto Park.



VALONGO

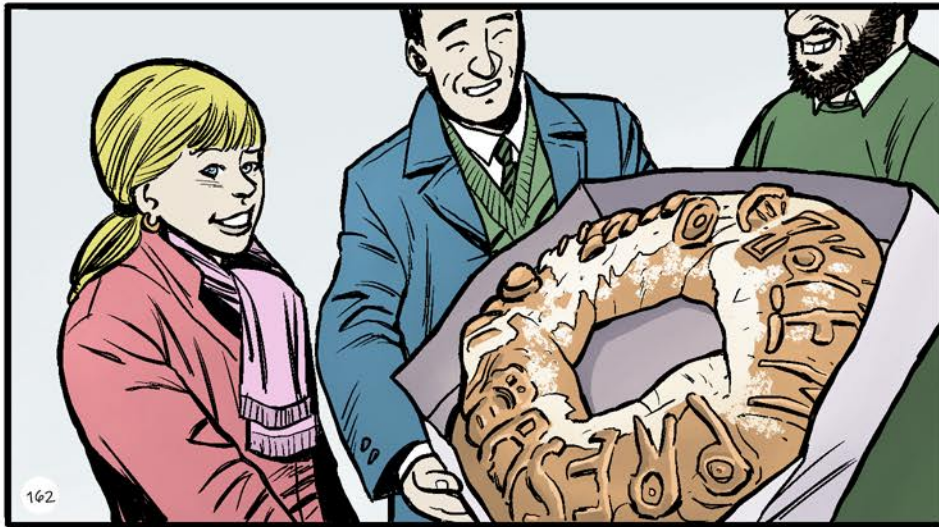
Area km²: 75.12
N^o of inhabitants: 100,000
Foundation date: 29th November 1836
Demonym: Valonguense



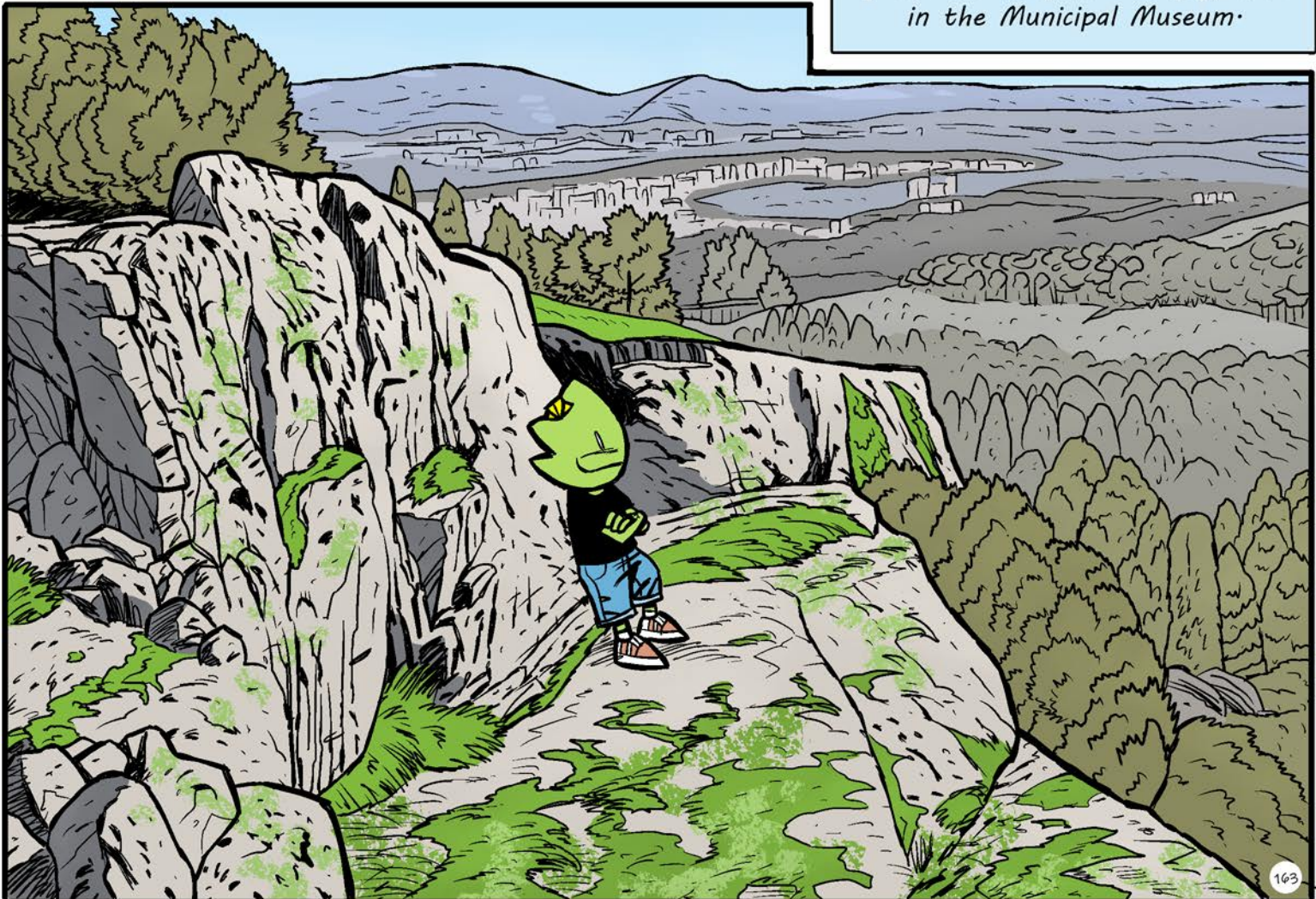
Once populated by trilobites (living beings older than dinosaurs) and the Romans, who left the largest underground gold mine complex in the Empire, the Municipality of Valongo is today the main gateway to the Parque das Serras do Porto [The Oporto Mountain Ranges Park].



Apart from the Santa Justa and Pias Mountain Ranges, which form this green infrastructure together with the Paredes and Gondomar ranges, the Valongo identity includes the centuries-old tradition of the *Requeifa* [regional loaf of bread] and the *Biscoitos* [biscuits], the art of the Portuguese Traditional Toys, the spectacular tradition of the *Bugiadas e Mouriscadas* [reliving old battles between Moors and Christians], the production of slate and impressive religious monuments.



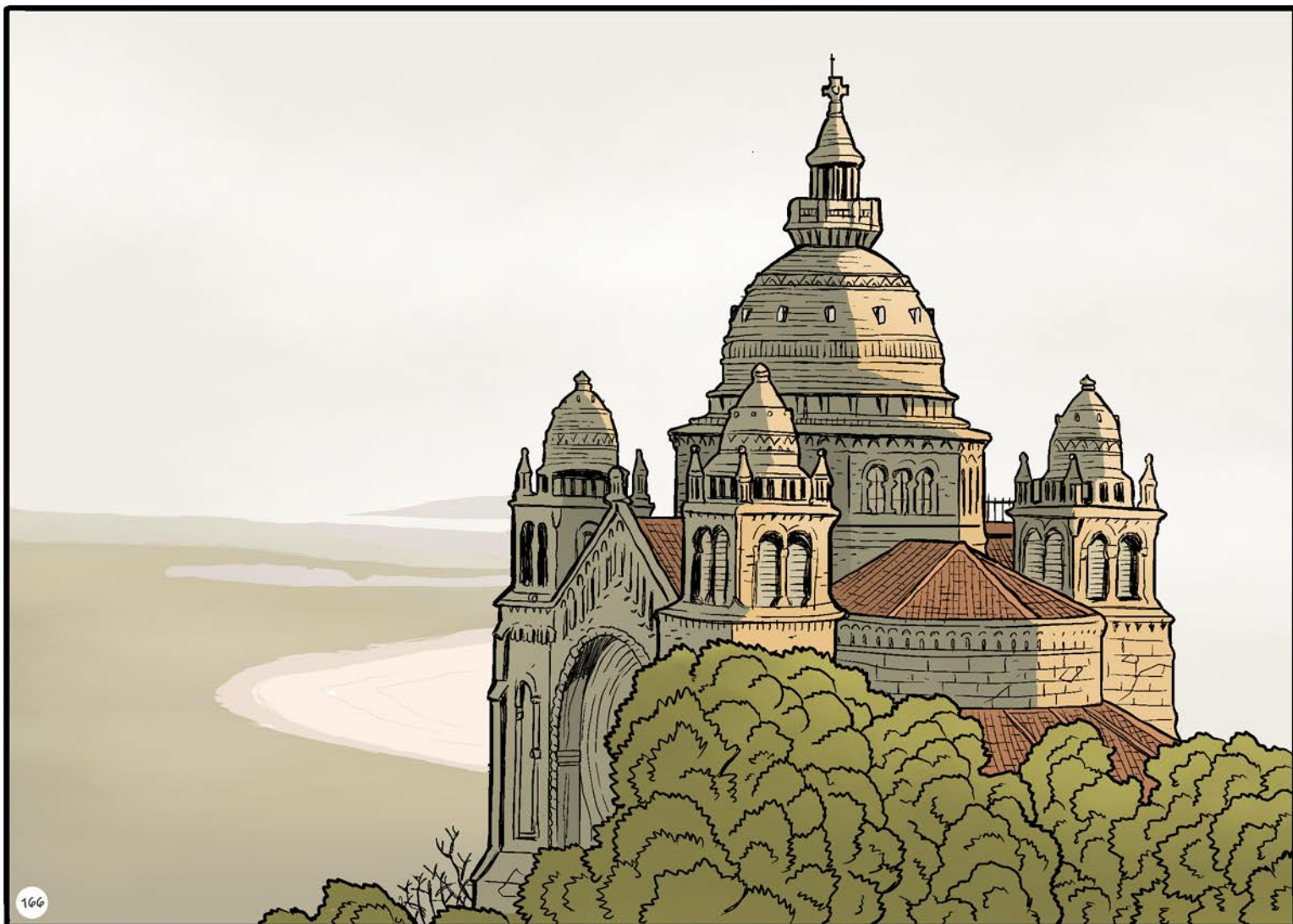
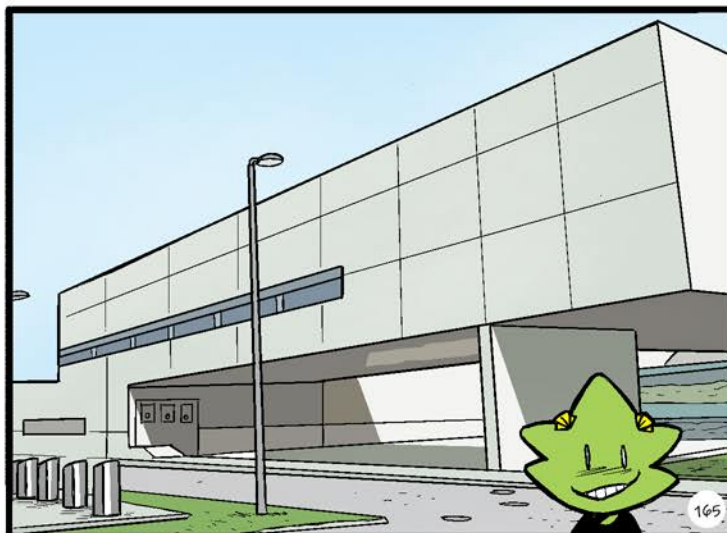
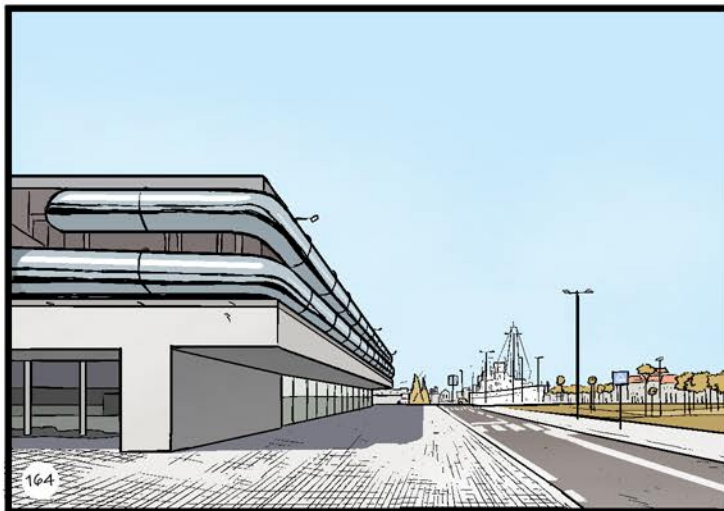
These logos, which include the cities of Alfena, Ermesinde and Valongo and the towns of Campo and Sobrado, serve as the theme for great cultural events: *Feira da Requeifa e do Biscoito* [Requeifa and Biscoito Festival]; *Romaria à Santa Rita* [Pilgrimage to Santa Rita]; *Festa da Bugiada e Mouriscada* [Moors and Christians Festival]; *Festa do Brinquedo* [The Toy Festival]; and the exhibition *Mineração Romana em Valongo* [Roman Mining in Valongo], held in the Municipal Museum.

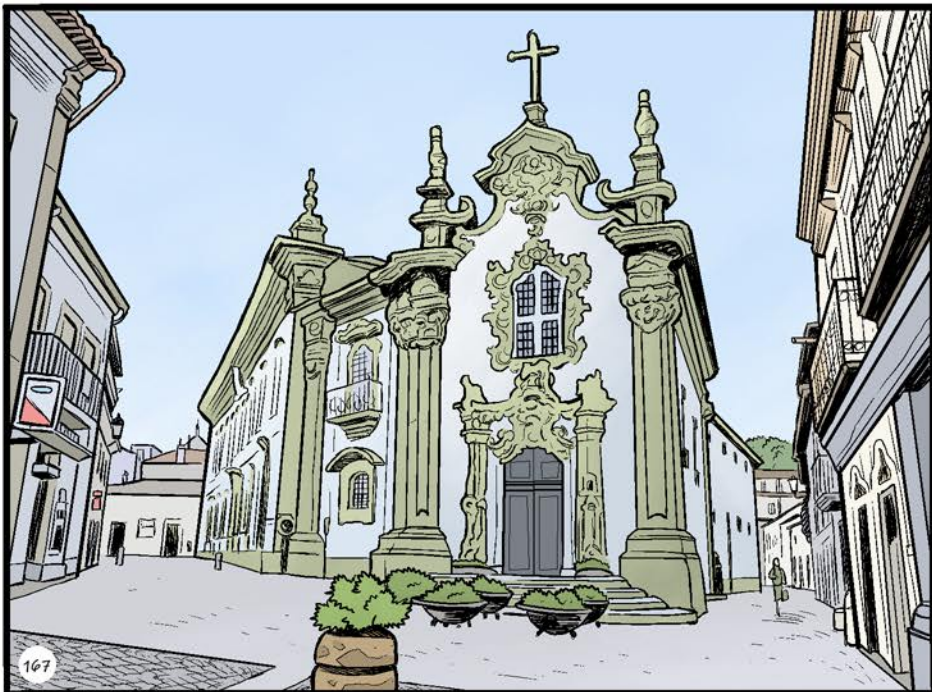


VIANA DO CASTELO

Area km²: 314
N° of inhabitants: 89,000
Foundation date: 1258 - Charter granted by King Afonso III
Demonym: Vianense

Viana do Castelo is the northernmost city in the Portuguese Atlantic coastline, surrounded by river, mountain and sea.





It is a city with an excellent quality of life due to the urban peace and security, its rich natural, monumental and historic heritage and the wide offering of cultural, sports and social infrastructures. Its well cared for and rehabilitated Historic Centre is distinguished from the new areas and buildings designed by renowned architects where mobility and pedestrian spaces combine together. Viana do Castelo has a good accommodation capacity and has emerged as a venue for conventions, seminars and other gatherings, offering modern and functional auditoriums. Theatres, cinemas, libraries and museums provide conditions for the cultural enrichment for citizens and visitors alike, while the river and the sea offer excellent conditions for the practice of water sports. Viana has a rich ethnography and is the Portuguese capital of folklore, being particularly notable for its handicrafts and cuisine.

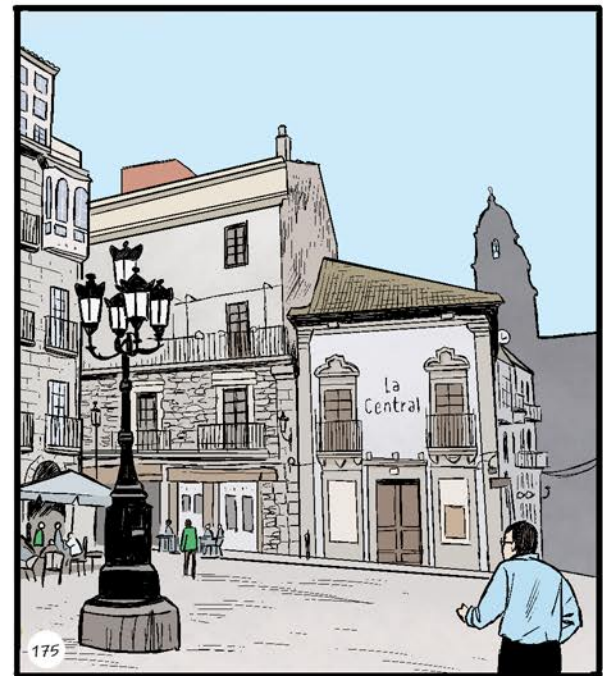


VIGO

Area km²: 110
Nº of inhabitants: 293,642
Foundation date: 1810
Demonym: *Vigués/esa*



The so called *Cidade olívica* keeps important remains that evidence settlements since the year 2,000 BC: dolmens, mámoas (burial chambers), findings from the Stone Age and the Neolithic period, fortified villages called castros... Nevertheless, it was in the time of emperor Augustus when *Vicus Spacorum* became a stipendiary city, attached to the province of Lusitania.

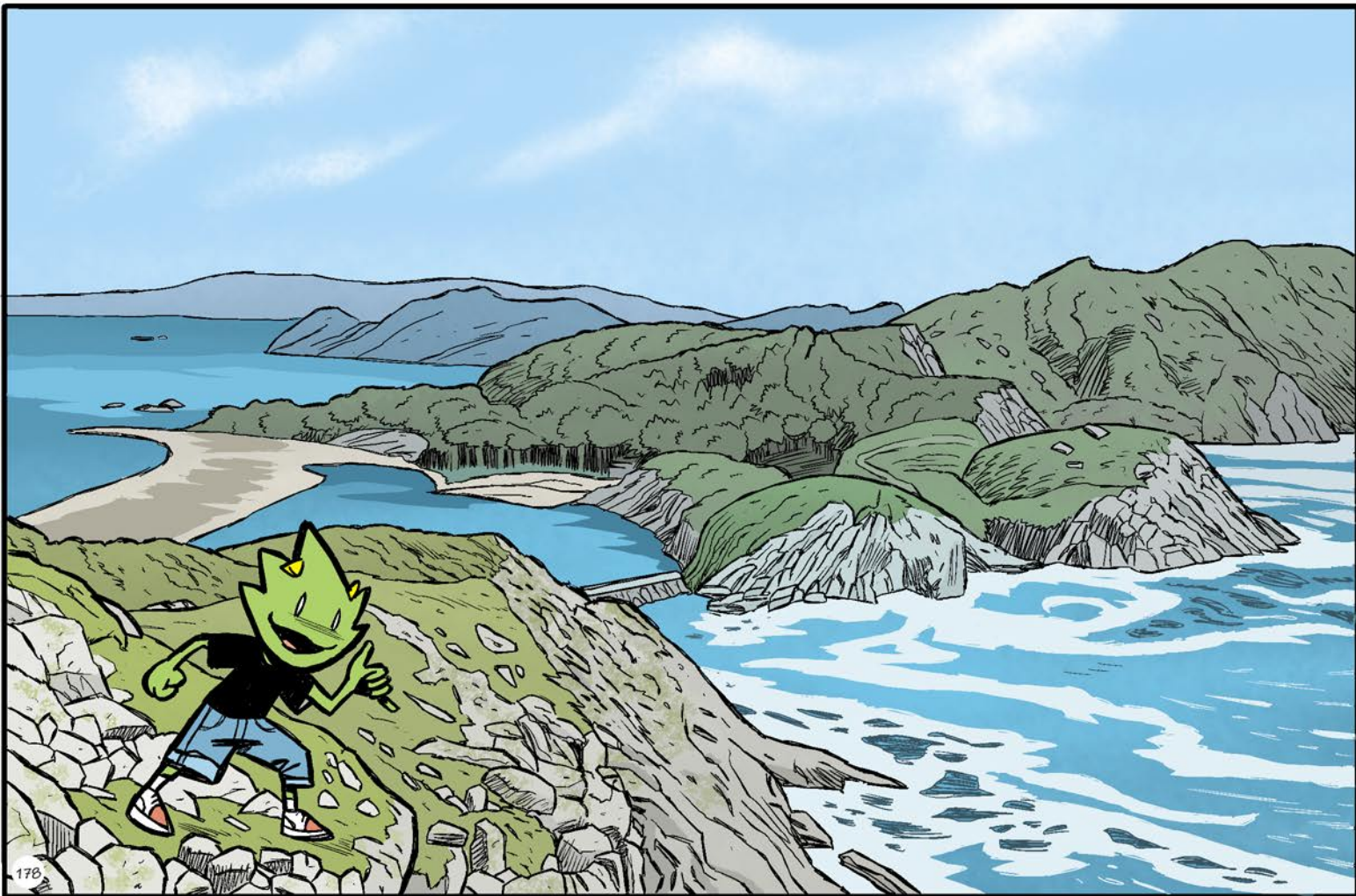
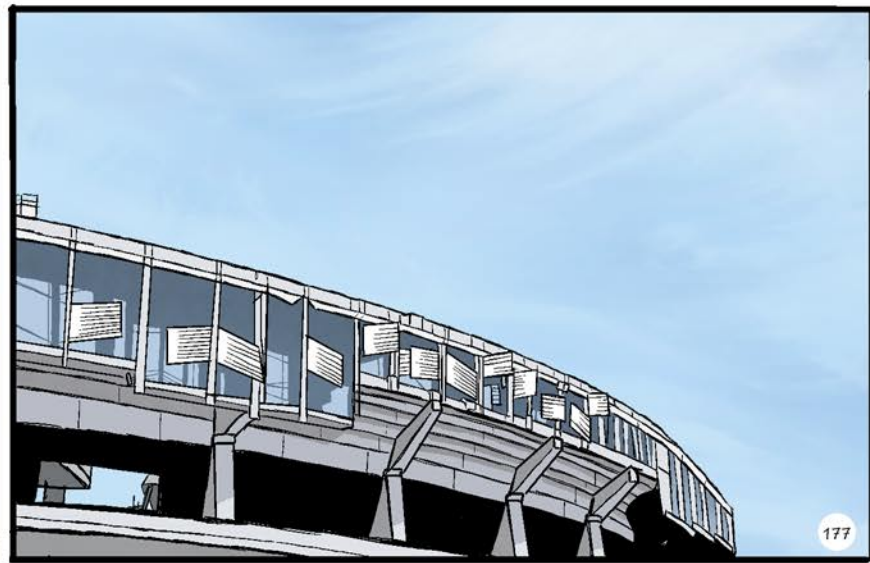
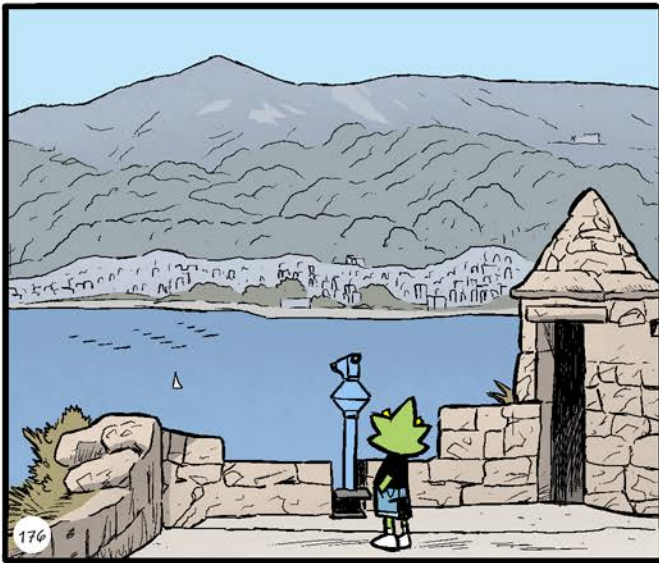


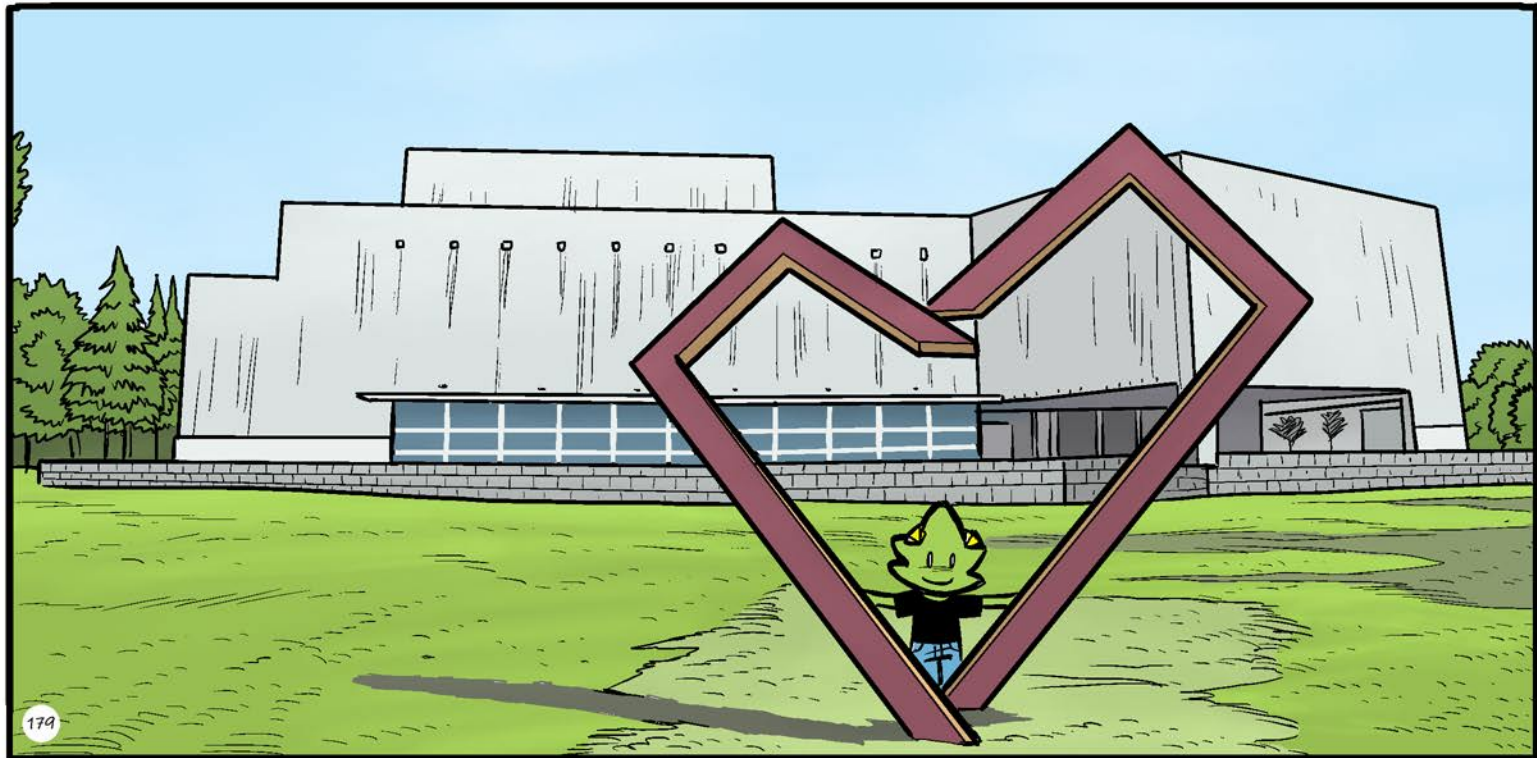
In Roman times it was already an important maritime and industrial centre, as witnessed by some remains such as Alcabre or Toralla, fishing facilities, salt mines, salting factories, necropolis or remains found underwater.

The Middle Ages was a time marked by pirate raids from north Europe, which meant that the walls of the city and San Sebastian Castle had to be built in the year 1656.

You can read the history of Vigo through its architecture: the seafaring tradition of the city, the stately nineteenth century environment, the rationalism of the modern city or an avant-garde city shown in recent buildings today.

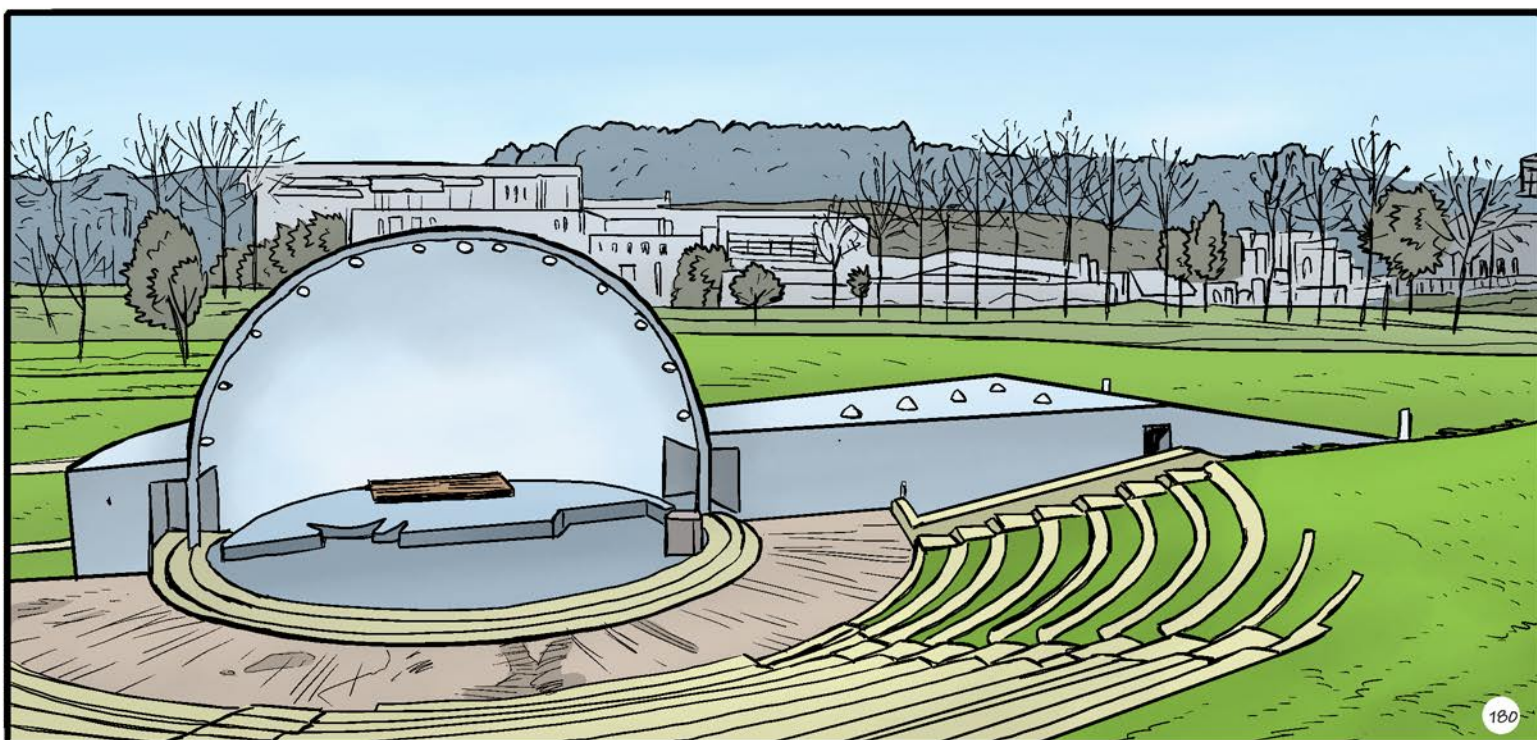
Vigo is an industrial, tourist and service city. Its economy is mainly focused on the industrial and fishing sector. The other main sectors are trade and tourism, which offers a pole of attraction: the beautiful Cíes Islands, which belong to the Atlantic Islands of Galicia National Park.





VILA NOVA DE FAMALICÃO

<i>Area km²:</i>	201
<i>Nº of inhabitants:</i>	133,028
<i>Foundation date:</i>	1205 - Year in which the Charter was granted by King D. Sancho.
<i>Demonym:</i>	Famalicense



The municipality of Vila Nova de Famalicão benefits from beautiful landscapes of lush green. The Parque da Devesa [Devesa Park] is a 23-hectare green space crossed by a river, with a stream and a lake and several facilities for cultural activities. Local identity is reinforced by its traditions, which make Vila Nova de Famalicão a genuine and attractive place. Gastronomy, handicrafts and the cultural heritage are the main tourist attractions.

Vila Nova de Famalicão is one of the most important municipalities in Portugal in economic terms, as well as an area with a very rich natural and cultural heritage. The Landim and Arnoso monasteries are fine examples of architecture, as are the Pindela and Vinhal manor houses, the Romanesque bridges and various churches and chapels. Vila Nova de Famalicão has a rich and diversified museum network, with several spaces in support of culture, as the Casa das Artes [House of the Arts] and the Cupertino de Miranda Foundation, which has recently opened the Portuguese Centre for Surrealism. The motto of the municipality is "Gosto de Ser Feliz Aqui" [I love being happy here].

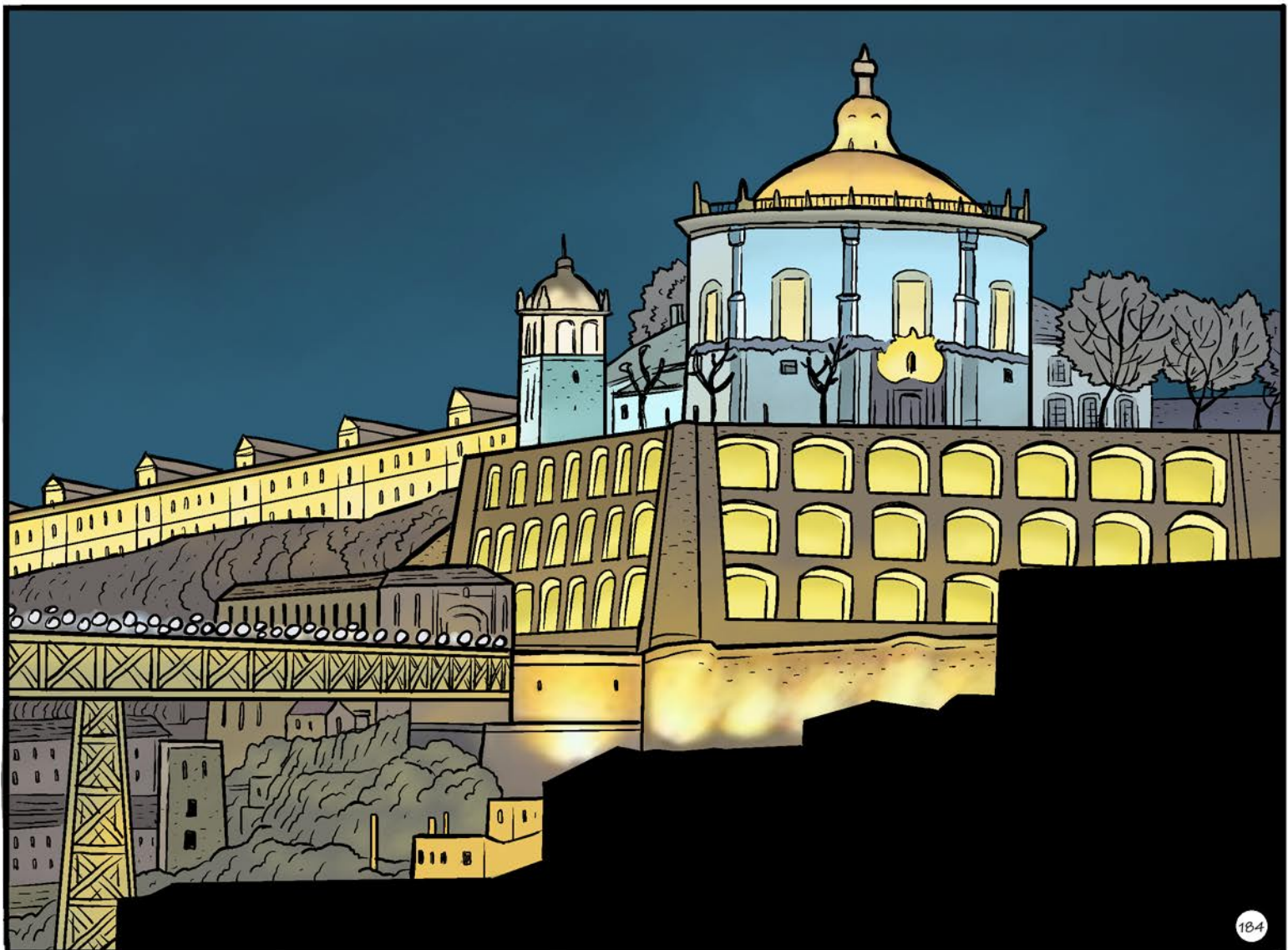


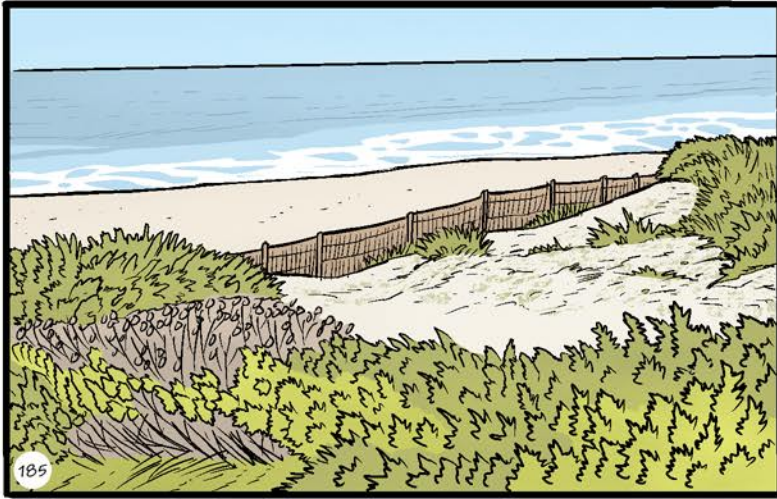


VILA NOVA DE GAIA



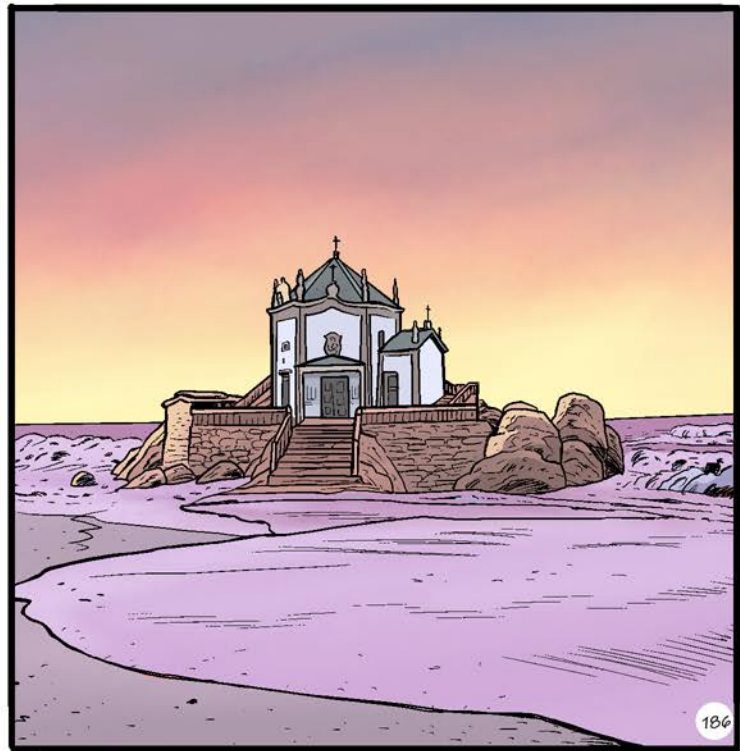
Area km²: 168.5
Nº of inhabitants: 301,496
Foundation date: 20th January
1518 - Charter
granted by King
D. Manuel
Demonym: Gaiense





Vila Nova de Gaia, home to over 300,000 people, is the third most populated municipality in Portugal. Located in northern Portugal, it is part of the Oporto Metropolitan Area and of the Oporto District.

Vila Nova de Gaia is known worldwide by its Port and Douro wine companies, an activity which constitutes a tourist attraction in itself. The D. Luís bridge and the monastery of Serra do Pilar, built respectively in the late 19th and in the 16th centuries, are the most important monuments in the municipality. The automobile, glassmaking and electronics industries are the key economic activities, together with a tourist industry focused on gastronomy, Port wine and sun, due to its 17-kilometre long coastline.

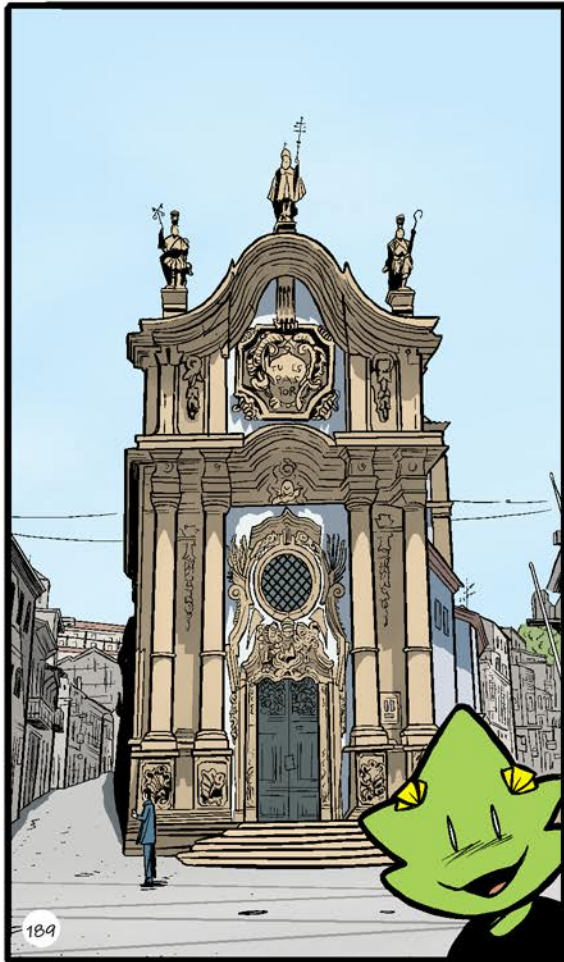


VILA REAL

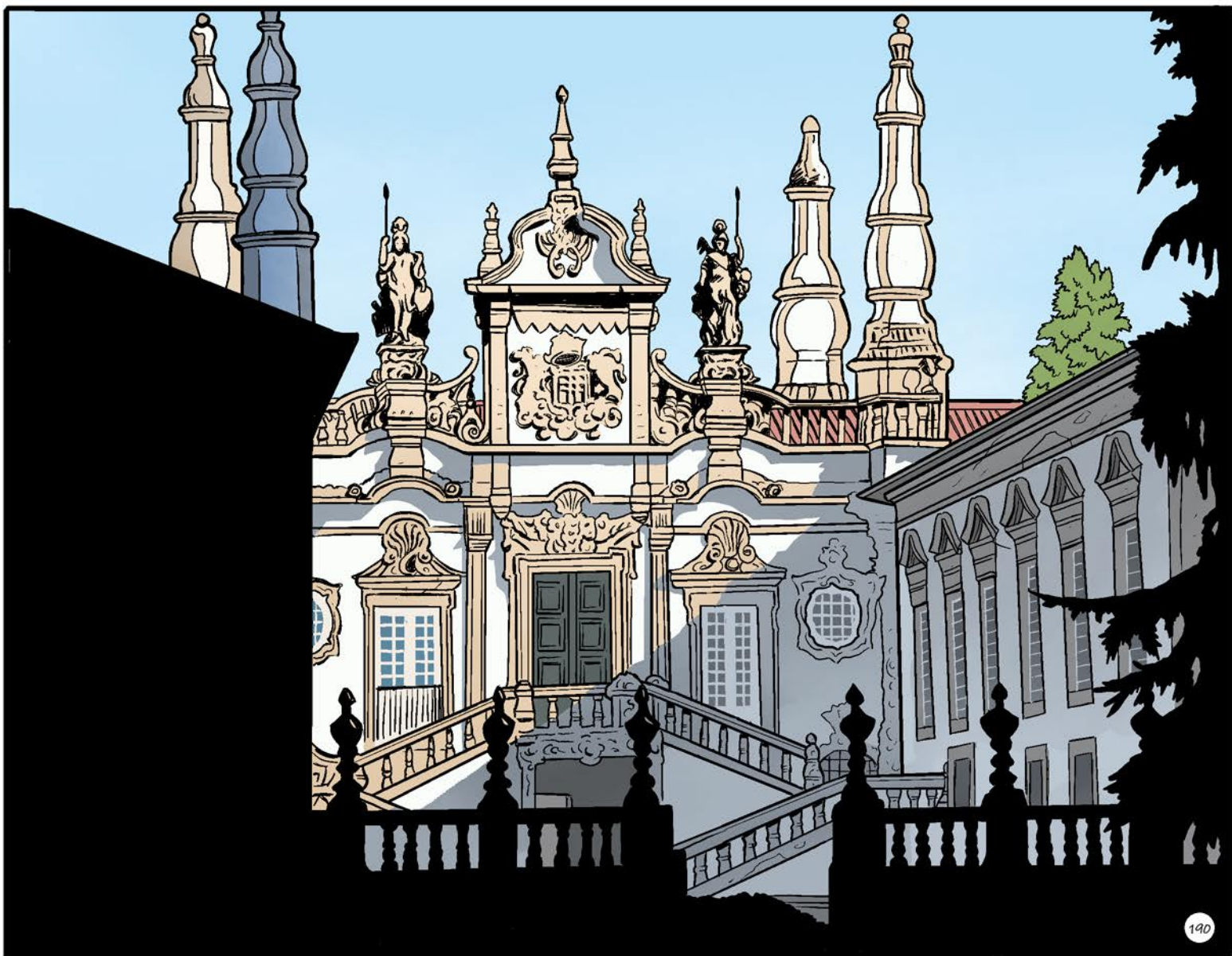


Area km²: 378.80
Nº of inhabitants: 52,000
Foundation date: 4th January 1279 -
First Charter granted
by King D. Dinis III
Demonym: Vilarealense,
Vila-realense

The city of Vila Real is located in an area that shows evidence of having been inhabited from the Palaeolithic. Vestiges of subsequent settlements, such as the *Santuário Rupestre de Panóias* [The Panóias Sanctuary], bear witness to the Roman presence in the region.



189



190



In 1289, King D. Dinis granted a charter by which the "Pobra" [village] of Vila Real de Panóias was founded.

This village would eventually become the present-day city. In the 17th and 18th centuries, Vila Real consolidated its consideration as the "Court of Trás-os-Montes" which it gained with the presence of the noble families who took

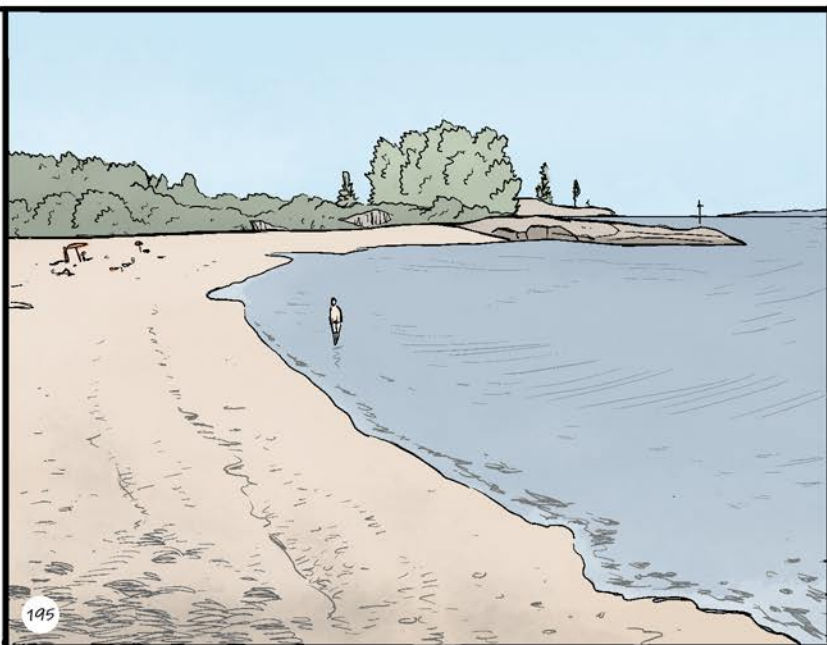
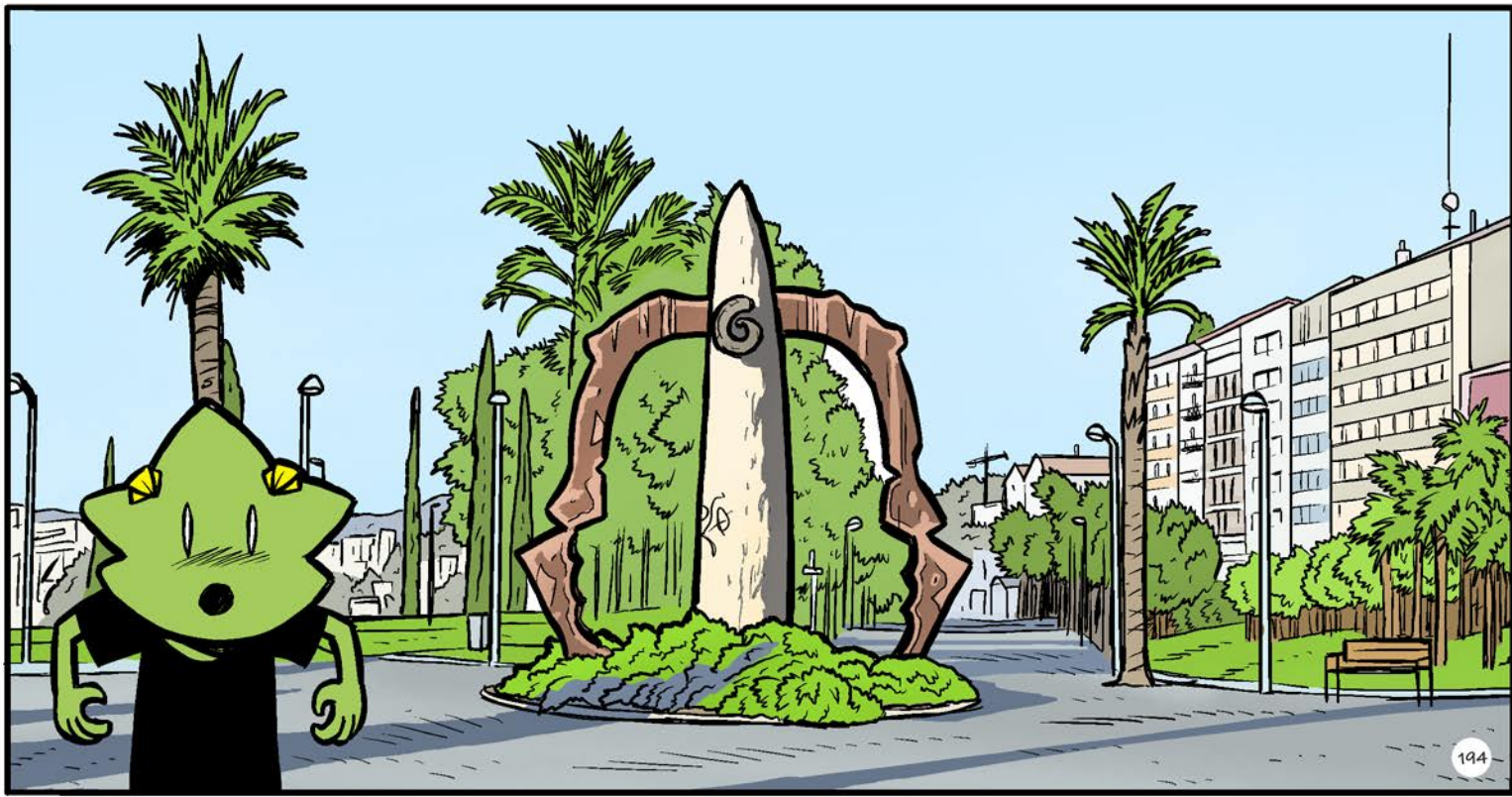
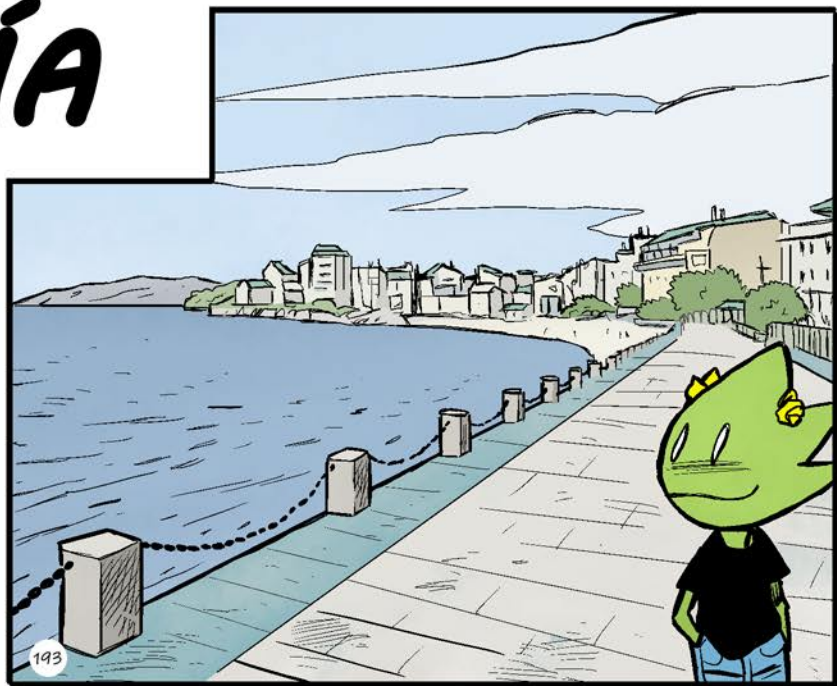
residence in the area due to the influence of the House of the Marquis of Vila Real. This presence is still visible in the numerous coats of arms who bear witness to the nobility of their owners.

As the most important village in Trás-os-Montes e Alto Douro, Vila Real acquired the status of provincial capital and had its economic, demographic and administrative importance with two very relevant acts: the creation of the Diocese on 20 April 1922 and the elevation to cityhood on 20 July 1925. Nowadays, the city is experiencing an ever-increasing development at several levels, presenting itself as the place of choice for foreign investment.



VILAGARCÍA DE AROUSA

Area km ² :	47.10
Nº of inhabitants:	37,479
Foundation date:	1441
Demonym:	Vilagarcían/á

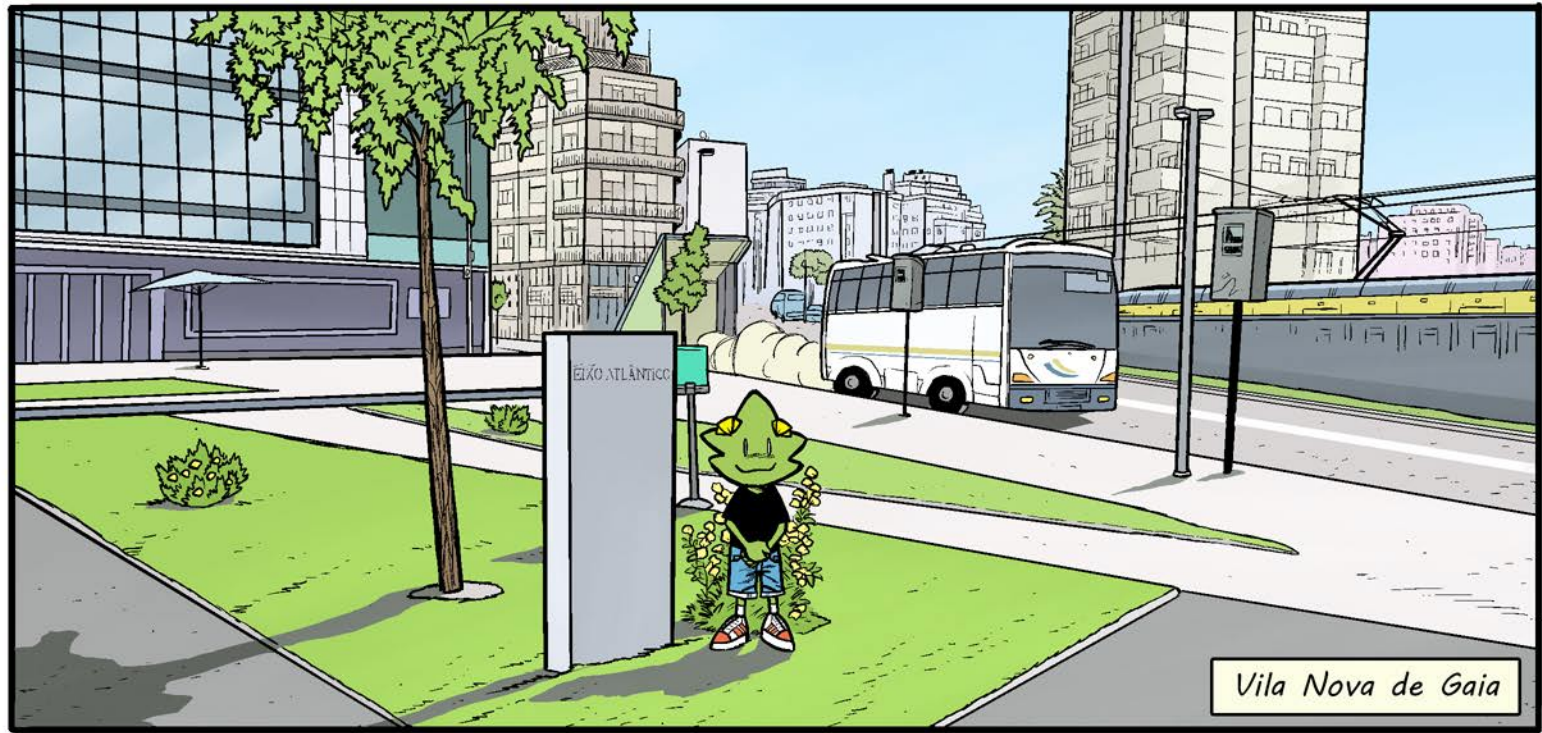




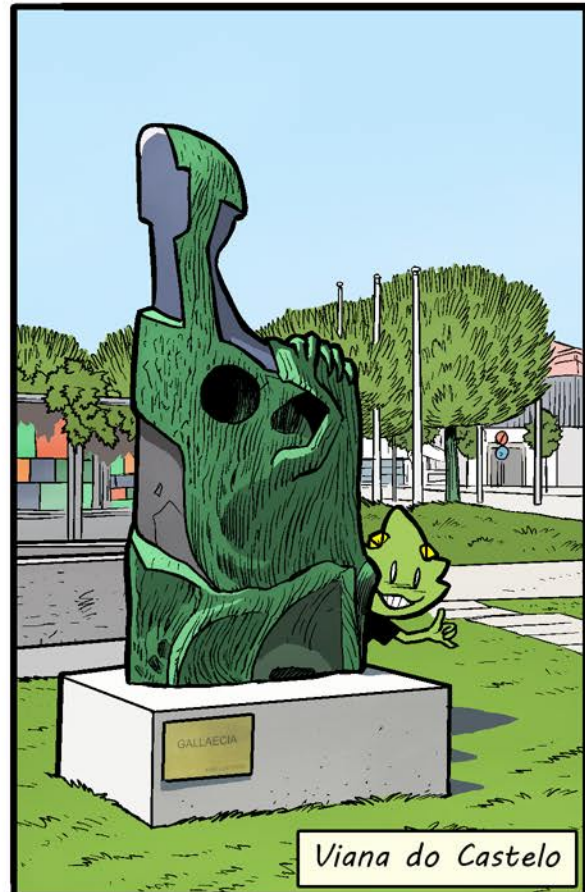
Vilagarcía is the main city of Ría de Arousa and the natural port of Santiago de Compostela. Because of its geographical features, Vilagarcía is a centre of attraction for many people who choose this city to live, either as their first or second residence or their holiday home.

It has a significant historical heritage. It is worth visiting The Pazo (a Galician manor house) and the Convent of Vista Alegre, listed as a National Monument and located in the city centre, and the Pazo de Rubiáns with its International Excellence Garden. In Carril we can visit the Cortegada Island, which belongs to the Atlantic Islands Maritime Terrestrial National Park and has the largest laurel forest in Europe. It is a really lively city. In its wide pedestrian area you can find several international fashion and accessory chains along with traditional shops. San Roque festivities and the Water Festival, which have been declared of National Tourist Interest, are held in August.





SQUARES AND AREAS OF EIXO ATLÁNTICO





Matosinhos



Braga



A forest in the Eixo, Ourense

ILLUSTRATION INDEX

1. Galleries in Avenida da Marina
2. Tower of Hércules
3. San Antón Castle
4. Grave of Sir John Moore (San Carlos Garden)
5. Casa dos Peixes (House of Fish)
6. Domus or House of Man
7. House of Sciences
8. Town Hall (María Pita Square)
9. The Barcelos Rooster
10. Medieval Bridge over the river Cávado
- 11/12.--Rooster in the streets of the municipality
13. Mother Church of Santa María Maior
14. Cathedral
15. Monastery of Tibães
16. Entrance to the Historic Centre
17. International Iberian Nanotechnology Laboratory
18. Roman Fountain of the Idol
19. Church of Bom Jesús do Monte
- 20/21.-- Walls of the Medieval Castle
22. Town Theatre
23. Sé Cathedral
24. Domus Municipalis
25. Castle Fortress
26. Oak Forests
27. Park over the river Anllóns
28. Dolmen Dombate
29. Waterfall of San Paio or Entrecruces
30. Resort
31. Cabo Vilán
32. Roman Bridge
33. Casa do Escudo (House of the Coat of Arms)
34. Keep
35. Trajan's Column, Padrão dos Povos
36. Hotel Vidago Palace
37. Kiosco Cabreiroá
38. Fountain number 1 Vidago Palace
39. Monterrei Castle
40. Contemporary Art Museum Nadir Afonso
41. Cigarrón
42. Chaves Thermal Centre & SPA
43. Arsenal (Dock Gate)
44. Naval Museum
45. Virxe de Chamorro Hermitage
46. Doniños Beach
47. Casa Pereira
48. San Felipe Castle
49. Historic Centre (Oliveira Square) Former Town Hall
50. Walls
51. Monastery inn of Santa Marinha da Costa
52. The Salado Shrine (Oliveira Square)
53. Church of Nossa Senhora da Consolação and Santos Passos
54. Palace of the Dukes of Braganza
55. Riverside Walk of river Pontifias
56. A serving of cocido
57. Cocido Festival
58. City Council in "Technological Castro"
59. Church of nosa Señora dos Dolores
60. Roman Wall
61. Roman Bridge over the river Miño
62. Ponte Nova
63. Roman Wall
64. Main Square (Monument to the Founders)
65. Interactive Museum of the History of Lugo
66. Santa María Cathedral
67. Azibo Reservoir
68. Azibo Beach
69. Primeiro de Maio Garden
- 70/71/72.--Masked men of Podence at the Cowbell Carnival
73. São Salvador Convent Church (Moreira)
74. Águas Santas Church
75. Religious Sculptors in Maia
76. Monument to Maia Community
77. Torre do Lidador (The Lidador Tower)
78. Altar of the church of Bom Jesus
79. Church of Bom Jesus
80. Obelisco da Praia da Memoria (Obelisk of Remembrance Beach)
81. Monastery of Leça do Balio
82. Olive groves and Old Bridge over the river Tua
83. Palace of the Távoras
84. Castro de São Brás (fortified settlement)
85. Tua Railway Line
86. Pelourinho (pillory) of Lamas de Orelhão
87. Compañía Convent
88. Sil Canyons
89. Roman Bridge over the river Cabe
90. The Railway Museum of Galicia
91. Historic Centre
92. San Vicente do Pino Museum
93. Cliffs
94. Pazo Libunca
95. Bridge Ponte de Xubia
96. Pedroso Mill near the river Xubia
97. San Martín de Xubia Monastery Church
98. Botelo
99. River Sil
100. Botelo festival
101. Tower of Castro
102. Indigenous wine cellars
- 103/104/105.--Octopus Festival
106. Ethnographic Park of the river Arenteiro
107. Veracruz Temple
108. As Burgas Thermal Pool
109. San Martín Cathedral
110. As Burgas fountains
111. Millenium Bridge
112. Old Bridge over the river Miño
113. A view of the river Douro
114. A trail along the river
115. Alto Douro wine cellars
116. Vineyards in the Douro valley
117. Bridge Ponte de Burgo
118. As Correntes bridge
119. Ruins of Santo Domingo Convent
120. Bridge Ponte dos Tirantes over the river Lérez
121. Alameda (Monument to the heroes of Pontesampaio)
122. Praza da Leña
123. Virgin Peregrine Church
- 124.--Torre dos Clérigos (Tower of the Clerics)
125. Don Luís I bridge
126. Avenida dos Aliados (Avenue of the Allies)

127. Casa da Música (the House of Music)
 128. Ferreira Borges Market
 129. Stock Exchange Palace
 130/131/132.- As Catedrais Beach (Ribadeo)
 133.- Fraga do Courel
 134. Pallozas do Piornedo (traditional elliptical buildings), Os Ancares
 135. Monastery of Samos
 136. Mondoñedo Cathedral
 137. O Cabo do Mundo (the edge of the world) (Ribeira Sacra)
 138. Castro da Cidá (fortified settlement)
 139. Dolmen de Axeitos
 140. Dunes of Corrubedo
 141. Carregal Lagoons
 142. Seaport
 143. Mermaid of Sálvora Island
 144. Convento dos Loios Museum
 145. Santa Maria da Feira Castle
 146. Europarque
 147. Quinta do Castelo caves
 148. Historic centre
 149. Rúa do Villas
 150. University School of San Xerome
 151. Alameda: As dúas Mariás (the two Marias)
 152. The City of Culture
 153. Cathedral of the Apostle Saint James
 154. Tower of Batallón (Fortress)
 155. Route of Saint James Way
 156. Santa Marina Church
 157. Cloister of Santa Magdalena Convent
 158. Ponte Riveira
 159. Monument to the Future, Ermesinde City Park
 160. Mother Church
 161. Monument to the Hockey player
 162. Regueifa from Valongo
 163. Santa Justa Mountain Range
 164. Cultural Centre (Eduardo Souto Moura)
 165. Town Library (Álvaro Siza Vieira)
 166. Santa Luzia Sanctuary
 167. Malheiras Chapel
 168. Eiffel Bridge
 169. Pilgrimage to Nossa Senhora da Agonia
 170. Gigantones e Cabeçudos (Giants and Big Heads)
 171. Olive tree in Vigo (Paseo de Alfonso XII)
 172. Afundación Theatre
 173. O Sereo (Porta do Sol)
 174. Quiñones de León Pazo - Museum
 175. Praza da Constitución (Old Town)
 176. A Ría de Vigo from the Castle in O Castro
 177. University Campus Architecture design Enric Miralles
 178. Cíes Islands
 179. Casa das Artes (House of Arts)
 180. Devesa Park
 181. Town Hall
 182. Portuguese Centre of Surrealism
 183. Biological Park
 184. Serra do Pilar Monastery
 185. Madalena Beach
 186. Capela do Senhor da Pedra (Chapel of the Lord of the Stone)
 187. Interpretive Heritage Centre of Afurada
 188. Castelo Botanical Park
 189. São Paulo Church
 190. Mateus Palace
 191. Rupestrian Sanctuary of Panóias

192. São Domingos Church
 193. Sea Promenade
 194. Miguel Hernández Park
 195. Bamio Beach
 196. Pazo de Rubiáns
 197. City Auditorium
 198. Cortegada Island
 199. Pazo de Vistalegre





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EIXO ATLÂNTICO
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