

LIVE IT

Nature, sea, history, gastronomy...



TOURISM GUIDE



www.arteix.org
artaixo

DISCOVER

the colours of Arteixo



Blue



Green



History



Live



Edited:
Culture, Tourism, Festivities, Fairs
and Linguistic Normalization Councils
of the Municipality of Arteixo

Director / Coordinator:
María Rozamontes Vázquez

Texts:
María Rozamontes e Luís Varela (vegetation and flora)

Photos:
Janet González, Aéreas Imagen, Estudio M,
Xurxo Lobato, Vídeo Acción, Eduardo Martínez,
Foto Rodri and others.

Contributor:
Carlos Cotelo, Dep. Statistics
Miguel Bermúdez, Dep. Urbanism
Francisco Álvarez, Dep. IT

Design:
Cares Comunicación
www.carescomunicacion.com

Translation and international layout:
Círculo Cultural
Tel: 981 13 94 15 • e-mail: circulocultural@gmail.com

Dep. Legal: C 2246-2008





1. Location and geographic description pg 4.
Maps
2. Natural environment pg 8.
Beaches and ports
Landscapes
Geology
Vegetation, flora and fauna
3. Artistic and cultural historical heritage pg 20.
From Prehistory to the Middle Ages
Via romana
Churches
Pazos
Cruceiros / Mills / hórreos
Maps
4. Local festivities and celebrations pg 32.
5. Gastronomy pg 38.
6. Equipment pg 40.
Socio-cultural and recreational
Sports
Health
7. Communications pg 48.
8. Accommodation & Dining pg 50.
Accommodation
Cafeterias and bars
Restaurants
9. Other useful contacts pg 54.
10. Distances from Arteixo municipality to
other Galician locations pg 56.
11. Distances from Arteixo municipality to
different province capital cities pg 58.



Arteixo City Hall



1. Location and geographic description

The municipality of Arteixo, within the province of A Coruña, is located at the extreme western end of the gulf of Ártabro, where the rivers of Ferrol, Ares, Betanzos and A Coruña flow through. It belongs to the district of A Coruña. It is a beautiful combination of sea and mountain, an ideal holiday place which offers its visitors a mild climate, rich flora and fauna, wide and beautiful beaches, a considerable number of celtic settlements, Romanic churches, Galician manors, leisure time activities and other charming locations which, other than their high service level, offers the well known hospitality of the local people. It has a surface of 93,4 Km² with a population of 29.393 people (Census 11/03/08) distributed in thirteen parishes:

Armentón, Arteixo, Barrañán, Chamín, Lañas, Larín, Loureda, Monteagudo, Morás, Oseiro, Pastoriza, Sorrizo and Suevos.

The Municipality of Arteixo had a strong rural character until the sixties, but the creation of the Industrial Area of Sabón in this time period resulted in a critical change in its population number.

Its population tends to concentrate in the deep, sheltered and well communicated valleys. The main source of its economy is its industry and on-going constructive activity.



Industrial area of Sabón

The capital of this municipality is the district of Arteixo, formerly known as A Baiuca. It belongs to the Judicial Party of A Coruña, and due to their economic and functional relationship it is linked to the Municipal Community where, apart from Arteixo, the municipalities of Sada, Oleiros, Abegondo, Bergondo, Culleredo, Carral and Cambre are integrated. Arteixo is 11 kms from A Coruña.

It borders with A Coruña to the Northeast, Culleredo to the east, And A Laracha and Carballo to the South and Southwest. The Atlantic Ocean is to the North.

This municipality has an extensive coastline, with beaches, ports and incoming and outgoing cliffs. Out of the thirteen parishes of the Municipality, seven are on the coast: Pastoriza, Suevos, Oseiro, Arteixo, Barrañán, Chamín, and Sorrizo, and six are inland: Loureda, Monteagudo, Morás, Lañas, Armentón and Larín.

It has similar climate characteristics as the surrounding municipalities in the area, characterized by the frequency of foggy days during the winter, as well as its high humidity due to its proximity to the ocean. It has humid oceanic climate with more frequent rain in the months of November and December, and less rain in the summer months. It has, therefore, a mild, coastal weather with pleasant temperatures during all four seasons which allows for a nice and quiet stay where its green landscapes can be appreciated, the crystal waters from its creeks, the breeze from its extensive coast and its special sand areas and small coves.

Upon its surface, arid areas entwine with extraordinary valleys. It has very high mountains such as Santa Locaia (446 m) or Serra of A

Estrela with the woodlands of A Garaviteira in Larín (263m), A Ibia, O Freixal and O Pico de Corteo in Monteagudo (with 224, 262 and 239 metres respectively). The coastal area corresponding to this municipality extends – from west to east – from the small stream of Augacai in Sorrizo up to Pastoriza. In the towns of Sorrizo and Suevos the coast zig-zags in and out and the mountainous have deep inward cliffs, and abundant ledges that advance towards it, which made the formation of the Port of Sorrizo possible and the construction of the Port of Suevos. The territory in this municipality is divided by the valleys of Armentón/Barrañán, Arteixo, Oseiro and the small valleys of Sorrizo, Pastoriza and Meicende.

Apart from its beautiful nature, fauna and landscapes the large panoramic views are remarkable.



Promenade in the coast of Arteixo



Barrañán beach

2. Natural environment

Beaches and ports

The most remarkable touristic aspect in the Municipality of Arteixo is its beaches, very touristy in the summer months, where leisure time may be enjoyed.

The most visited beaches are Barrañán (1200x12m), As Combouzas (300x15m) and O Reirol (100x25m). These beaches are crashed upon by the big ocean waves, this way maintaining their water always clean and their grey colored sand clear and fine. Barrañán beach, wide and with big waves, has got a pier in its surroundings with recreational spaces and fixtures, as well as an important dune area. As Combouzas beach is one of the few nudist beaches in the province of A Coruña. All of them possess good touristic services such as cleaning, parking, showers, paths and access ramps, first aid and restaurants.

Some of the smaller but cozy beaches are also very popular, such as Area Grande (275x30m), Area Pequena (75m), Repibelo (50m) and

O Rañal in the town of Arteixo. All of them offer the before mentioned services and Area Grande has got a camping site in its area.

Alba-Sabón beach (900x40m), in the parish of Oseiro, is excellent for surfing, a sport which may also be practiced on the beaches of Barrañán, O Reirol, As Combouzas or Area Grande.

In Suevos there are small beaches and a port which, together with the Port of Sorrizo (90x19m) are the most well known in this Municipality, enjoyed by all fishing lovers and also for those who bathe in their quiet waters. Also important are o Porto da Bendición (Sorrizo), O Carreiro and Area da Salsa (54x15m) in the coast of the parish of Arteixo.

Beaches



O Reiro beach



Sabón beach



As Combouzas beach (nudist)



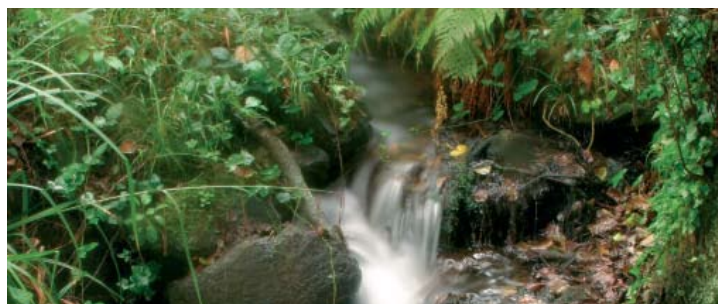
Area Grande



Port of Sorrizo



Port and beach of Suevos



Sisalde

Landscapes

Arteixo is a Municipality with many green and beautiful natural landscapes which constitute another source of wealth which can be appreciated in this Municipality:

- > Recreation area of O Seixedo (Oseiro)
- > Recreation area of Meicende (Pastoriza)
- > Recreation area of Monticaño (Pastoriza).
- > Recreation area of Barreiros (Montegudo)
- > Arteixo Riverwalk
- > Riverwalk from O Seixedo to Vilarrodís
- > Promenade from Arteixo to Barrañán
- > Forest of Sisalde in Barrañán
- > Pond of O Rexedoiro, at Oseiro
- > Valleys and watercourses of Loureda, Larín, Monteagudo, Armentón, Barrañán, Chamín and Sorrizo.
- > Ports and coves in Sorrizo, Suevos, O Seixedo and A Bendición in Sorrizo
- > Woodland of Santa Locaia in Loureda
- > Woodland of O Cruceiro in Pastoriza
- > Woodland of Angra in Barrañán
- > Punta Langosteira in Suevos

Recreation areas and riverwalks are fully equipped with leisure fixtures such as tables, seats, barbecue, children games, etc.

Recreational Area



Recreation area of Meicende



Forest of Sisalde



Recreation area of Monticaño



Recreation area of Barreiros

Recreational Area



Arteixo Riverwalk



Sisalde-Barrañán



Recreation area of Seixedo



Punta Lagosteira



Bridge of Os Brozos

Geology

Between the towns of Santiago de Arteixo and Barrañán beach there is extensive rock formations with basic plagioclase and rhombic pyroxene (norite), generally very altered. The geologic disposition is arranged, it seems, by a series of intrusive layers notably concordant with the biotetelal exquisites, which in turn are strongly influenced by basic rocks. These intrusions are most frequent in the west half of the valley of Barrañán, around the town of Chamín and between Anzobre (Armentón) and Monteagudo - where granite already flourishes-. Towards the South, the basic rocks continue until A Esquipa, Freón and A Cachada (Monteagudo), where they are all divided up by the large fault of Baldaio-Meirama. The valley of Barrañán is a very significant example of recent sedimentation.

Tin is found in abundance in the Municipality of Arteixo. Remains of mining prospects were detected in the protohistoric and Roman era. Six axes of the type known as "top" were found in the deposit bed of Rorís (Armentón).

In the postwar of 1936 the mining beds of wolfram and tin were exploited in the Monte de Angra, in As Fontes Vellas, in Valcovo, in Os Miñóns and some other locations within the Municipality.

Arteixo Spa Resort

Going from health to hedonism at Arteixo Spa Resort, with thermal water springs, one of the few existing spas in A Coruña. Its professional experience guarantees treatments and aquatic pleasures within a centenary building and facilities with state of the art technology.

It dates from 1760. It is famous for its iodine bromide water springs gushing out at a temperature between 25 and 45 degrees Celsius with healing properties, good for skin diseases, rheumatism, respiratory and psycho-nervous problems.

It is located in the downtown area of Arteixo, a few meters from the Bolaños Riverwalk, one kilometer from the coast and 11 kilometers from A Coruña.



Arteixo Spa Resort



Vegetation, Flora and Fauna

When we think about the Municipality of Arteixo, we all have the image of a strongly anthropized and industrial area, sometimes forgetting about the existence of natural spaces with great environmental importance, not just locally, but at a district and regional level, some of them with quite surprising historic and environmental value. As an example of these areas we will concentrate our virtual trip on two locations within the Municipality, with different origins but great value for the conservation of biodiversity.

The dam of O Rexedoiro can not have a location, origin and purpose less related to the conservation of environmental values, because it was built in 1970 with a single purpose: the water supply for industrial use by the companies located at the industrial area of Sabón; being located within itself. A large area had to be destroyed and plunged under water during its construction, occupying a surface of 56 hectares, where we found plenty of helophytic vegetation, a significant area with flooding meadows and important riverside areas and marshy forests, all of them in the valley formed by the Seixedo River.

2

Thirty years later, even though the area is completely transformed, it hasn't lost its environmental value, and it has even been naturally recovered and populated by different animal and vegetal species which make this dam a unique place, given its origin and location.

In this regard, in the last few years a slow but progressive recovery of helophytic and submerged vegetation is being detected in the dam, opening new expectations about the increase in vertebrate animal life, although, certainly, much more important is the diversity of its reproductive, winter and migratory birdlife. Since 1984 we have registered at the dam of O Rexedoiro a total of 118 wild bird species, 59 of which are strictly aquatic, but its relevance is not just the number of existing species, but their peculiarities. The Little Grebe (*tachybaptus ruficollis*) and the Mallard (*Anas platyrhynchos*), or the Little Bittern (*Ixobrychus minutus*) and the Gadwall (*Anas strepera*), constitute one of the most important reproductive colonies in all of Galicia; being even more important the presence of two diving anatidae: the Common Pochard (*Aythya ferina*) and the Tufted duck (*Aythya fuligula*), since Arteixo is one of the few locations within the Iberian Peninsula where they reproduce regularly.

The river Boedo flows through Barrañán valley, another remarkable natural reserve area within this municipality, specially pointing out the meadows in the lower part of the river and in the Sisalde forest. This area excels not just because of the importance of several environmental aspects, but also due to the numerous samples of the combinations our ancestors maintained with nature, shown through the ethnographic treasures of the area. Part of these environmental and ethnographic treasures are currently forgotten and deteriorated, so some actions and investments are being carried out towards their recovery.

In the strictly environmental aspect we can highlight, as indicated before, the reed beds under the river and the Riverside forest typical of this area, with 83 different vegetal species detected in recent studies, some of them invaders from areas where agricultural activity has been abandoned. But, without any doubt, it is within the vertebrate group where we find the most interesting examples of conservation, with a large diversity, which have disappeared from other locations within the region: up to nine reptile and six amphibian species have been recently identified in the area, with even more pleasant surprises concerning birds; eighty-four different species and eleven mammals.

2

Among the most outstanding birds we find the presence of the Reed bunting (*Emberiza schoeniclus*), a small passerine, classified as "in danger of extinction" in the Iberian peninsula, at the same level as the Iberian Imperial Eagle and some other emblematic birds, while regarding mammals the otter is the undisputed queen of the river. This mustelidae, in regression across all Europe, a great swimmer and unrelenting "fisherhunter", is seen by some people as a actual "plague", much further from the truth, since its presence is an indicator of the good health of these rivers.

These described locations are worth visiting, as long as you respect their surroundings, so not only to enjoy admiring it, since, as an old Indian proverb says, "Earth is not our parents' heritage, but a loan from our sons".



Pond of O Rexedoiro



3. Artistic and cultural historical heritage

From Prehistory to the Middle Ages

The Municipality of Arteixo already had human settlement in the Mesolithic period, with remains in the Coastal Camp of O Rei (Chamín) dated in 10.000-5.000 BC. From the Neolithic- Megalithic period, the best known tombs belong to the A Zapateira Necropolis area located in the “actual” golf course. In the Chalcolithic-Bronze period we can highlight, among others, ten axes of “top/heel” type from the Late Bronze at Rorís (Armentón). Nineteen celtic houses which belong to the Iron age. Churches are the most outstanding representations from the Roman period, together with the Brozos bridge over the Bolaños river. From the Middle Ages we may highlight two large granite tombs in Oseiro, a rectangular one

kept within the church and only the top of the second one, already disappeared at the Atrium (Chamoso – 1966 considers the existence of a Late Roman and High medieval Necropolis, perceiving the presence of a possible Christian temple previous to the current Romanesque, with the Necropolis around it).

Via romana

Despite the research difficulties, there are indications that a Via Romana (Roman road) crossed the Municipality of Arteixo. The medieval road going through Lendo (A Laracha), the main communication track going through the area, was the oldest road going from A Coruña to Bergantiños. From that town it went into the Municipality of Arteixo through the Estrela Mount (where there are remains of a chapel where a “romaria” - Catholic pilgrimage celebration - took place every Easter Monday), it was paved in some of its path and went towards the church of Monteagudo (where there is a splendid Romanesque church). It then went on towards the church of Santaia de Chamín (where there is another Romanesque church), where some other paved segments could be found. The road continued by the Chamín watercourse (Vioño), went towards Sisalde (with paved stones again) and continued towards Castelo’s Castro (Lañas), along Baer, Figueiroa and A Ponte dos Brozos (Arteixo), the bridge of Oseiro (currently submerged by O Rexedoiro Dam) and continued until the Romanesque church of Oseiro.

The Romanesque churches, the paved segments of roads and the Brozos and Oseiro bridges are testimony of its intensive use in the Middle Ages.

The castles (small castros), through which this road passed by, are of a huge strategic importance because of its location, because from here you can observe the whole Barrañán waterside / Lañas / Chamín or Sorrizo. It is possible that the Romans chose these castros based on their wealth, mainly mineral. There are legends referring to all this and the toponym Caldas (Arteixo) AQUAS CALIDAS strengthens this information.

Medieval period and the Saint James Walk

Marian pilgrimages had a strong impact on the history of this Municipality, with the Sanctuary at the church of Santa Maria de Pastoriza being the temple of pilgrimage during the St. James Walk., because of its Marian advocacy. Starting from the fact that European pilgrims opted for the Maritime Walk using the Port of A Coruña, and the Fisterra Walk, which runs through privileged

landscapes where our ancestors' fantasies brought out fantastic beings or miraculous events completing the pilgrimage at Fisterra, and fulfilling there the ritual of burning their used clothes at the seashore, we can confirm that the St. James Walk crossed this Municipality, with water fountains (even thermal) nearby and medicinal plants across the area such as rosemary, lemon, nettle, mint, baccharis articulata, bay, parsley, chamomile, fiddle dock, garlic, lemon grass, common rue, oak, onions and common figs. It is logical, therefore, that they went to the churches and Sanctuary on their way in or out of Fisterra.

There are two further testimonies confirming that the St. James Walk went through Arteixo. One being the fact that Santiago (Saint James) is the patron saint at the municipality's capital parish, as well as the toponym Hospital (which is in the Pedregal area, at the bottom of Mount Subico). Due to the large traffic of pilgrims, the Walk route had to improve its infrastructures, so hospitals, bridges, fountains, churches and accommodations were built.

"Hospital" comes from the Latin HOSPITALE "shelter or accommodation". The toponym Hospital is common in old pilgrimage routes, due to the nature of the trips which, if not for commercial reasons, resulted in more or less permanent itineraries with a final goal at an important popular center of devotion.

Bridges

Bridge of Los Brozos

This bridge is located in the town of Santiago de Arteixo, in the outskirts of the warehouses at the industrial area of Sabón. It crosses the Bolaños river and it is a construction with two arches with anti-shock system in the middle of one of them, and a small banked curve, with access ramps and its original pavement. Its conservation is good and, it seems, would belong to the Via XX, Per Loca Maritima, from Emperor Caracalla's itinerary.



Bridge of Os Brozos

Churches

The Church estate (from Latin ECCLESARIO derived from ECCLESIA "church") in this Municipality includes distinguished churches such as San Tirso de Oseiro, San Tomé de Monteagudo, Santaia de Chamín, Santa María de Loureda, San Esteban de Morás, Santa Mariña de Lañas and Santa María de Pastoriza. Most of them are a fine representation of the Romanesque style of this Municipality.

Sanctuary of Nuestra Señora de Pastoriza

This sanctuary has a Romanesque origin, although it is actually a Baroque church, from the XVII century, with a single nave and a presbytery shaped as a Romanic semicircular apse, reminiscence of the ancient medieval church previously located in this ground. It has an image of the Virgin Mary from the XIII century. There is a tympanum over the walled door at the northern wall, probably from the XIV century, with the Virgin Mary and Jesus sitting down, and the remains of an illegible engraving.

The much adored Virgin's image is quite ancient. Originally she was sitting down and her head was different from the actual one. In the current Sanctuary's facade the images of St. Peter, St. Paul and Our Lady's Assumption above the door are impressive. The images of St. Barbara, St. Joseph and St. John Baptist are located at the highest place. The Virgin of Pastoriza is placed in the middle of the altarpiece. Some curious paintings are kept at the sacristy, showing the offerings to the Virgin for performed miracles from several churchgoers, especially with sea scenes.

An important sepulchral gravestone, with an inscription dated in 881, is kept in the Rectory House, with an ancient and intriguing cornice with “belfry leaves”, approximately from the IX century, as well as some voussoirs from a Romanesque toric archivolt, from the XII century.

One road goes from the Sanctuary of Pastoriza to the Mount Cruceiro, where there is an image of “the Virgin’s cot” and several stones, and is the place where the Immaculate has been hidden. The “romeros” (originally pilgrims travelling to Rome) walk three times around the rocks, then go below them and kiss the Saint’s image. This place has splendid views and legends such as the “King’s chair”, a stone shaped like a chair where, it seems, the Suevi king Rechiario sat to contemplate Suevos, his town.



Church and Virgin of Pastoriza

Church of San Tirso de Oseiro

The first documental reference to Oseiro appears on 830, as stated in the encomienda (trusteeship) of Faro, as described by Tructinio.

This church, of Romanesque style, (1161-64) has, among its modillions, one depicting a chalice with its host which may be the oldest known representation of the coat of arms of Galicia. Two historical engravings referred to its construction and consecration can be observed, one dated in the second half of the XII century, in the facade, and another damaged piece, within the apse, from the start of the XIII century, referring to the consecration.

The single nave church, covered by wood, with a rectangular apse added to the presbytery’s body with a semicircular barrel vault,

on two arches along the same guideline, held on leaning semi-columns; the outside buttresses from the apse join in semicircular arches and we find a blind window at the bottom of the apse.

There are two sarcophagi in the entrance hall, one anthropoid, the other with an interesting top known as “stole” type, with intriguing relief artwork.



Church of San Tirso of Oseiro

Church of Santa María de Lañas

A Romanesque church from the XII century and early XIII century. It has a single nave with rectangular apse, with a pointed triumphal arch on leaning semi-columns and both the main facade and the south wall bear semicircular archivolts on angular columns. The apse is covered by a pointed barrel vault.

Church of San Esteban de Morás

A single nave church, with a rectangular apse with joined buttresses in two semicircular arches. The bottom of the apse has a Romanesque window, with round arches, nearly totally blinded. You enter the presbytery through a triumphal arch on leaning semi-columns. The apse is covered with a pointed barrel vault. At the nave's south wall there is an ancient semi-circular arched door. It has an interesting and diverse collection of modillions. It underwent several modifications in the XVIII century.



Church of San Esteban de Morás

Church of San Tomé de Monteagudo

It is a relevant sample of a Romanesque style building from the end of the XII century. It was founded by a Benedictine community, justifying its lack of decoration and the purity of its classic Romanesque style. It belonged to the priory from Santa María de Cambre, close to the Roman road running through this municipality.

Its gable roof with a basilican floor, three naves and three semicircular apses where simple round arch windows can be opened, added to rectangular structures. The main door is modern and the door located in the North wall, with a semicircular arch, is walled; the one on the south has a semicircular toric archivolt on one column in each side. The entering arches into the three apses are pointed on three leaning semicolumns, but those at behind them are round arches. The sections are covered by pointed barrel vaults, the saucer shapes at the

end of the apses are coul-de-four style vaults. At the back the three apses show narrow windows with horseshoe arched balistraria. On the outside, the main apse is divided in three openings by leaning semicolumns, offering a beautiful projection of small semicircular arches on cantilevers. There are buttresses in the walls and an intriguing and precious collection of modillions.



Church of San Tomé de Monteagudo

Church of Santaia de Chamín

This church is an example of a Romanesque rural church with subsequent reconstructions. Its facade has archivolt and a tympanum with a cross. A Roman road went through its surroundings, continuing towards Sisalde and other locations.

Church of Santa María de Loureda

This church was originally built in a Romanesque style, but it suffered a transformation where you can clearly observe the neoclassical style on the outside such as its partially triangular shape facade.

Only the apse is Romanesque, and vaulted in granite with two pointed arches. Light shines through an original rose window on the triumphal arch in the nave's headwall.

In the inside there is a magnificent altarpiece in the main altar, an art work by José Ferreiro and the painter; Ladeira (XVIII).

Pazos

- A Galician pazo is a typical country manor similar to the English Manor houses.

Pazo do Atín

Located on a smooth hillside in the town of Loureda. It is classified as Baroque, dated in the XVII century. Its floor is of a straight angle, with a balcony with Baroque style doors and frames in its intersection. It has a beautiful garden with myrtles and a round stone pond in the middle. It also has a small chapel with a polychromed stone altarpiece.

According to official documents from 1675, the owners at that time were the landlords of the Pardo Osorio House. Later, as a consequence from the disentanglement, it passed on to the Pereiro family in the XIX century, who were well known industrialists from la Coruña.



Pazo do Atín

Pazo de Anzobre

This manor, from the XVII century, is located in the town of Armentón and blends ancient stonework with modern crystal galleries. It has a chapel with exterior access where the romería (religious celebration) of Los Remedios is celebrated.

Its coat of arms possesses heraldry decorations of the Castros, Moscosos, Figueroas, Sotomayores, etc. During the mid XVI century the owners were Gómez Suárez de Figueroa and Mrs. Justa Cisneros. It was later owned by the Ximonde house and Puga Ramón family.



Pazo do Anzobre and view of Armentón

Pazo das Covadas

Located in the town of San Pedro de Sorrizo, its first owners were Mr. Pedro Rioboo Villadefrancos, son of Gómez Rioboo, lord of Allo, and Mrs. Francisca de Castro, from the Montaos House. It is a Baroque style manor from the XVII century.

The building has two different bodies with a round arched large door shaped by firm voussoirs. Its large and stately angular balcony, leaning on strong corbels, is outstanding.

It has two coats of arms, the oldest one with the shield of the Rioboo, Villardefrancos, Castro, Figueroa families, as well as some other signs with unclear meanings. In the more recent shield, Baroque style, with heavy ornaments and under a helm decorated with large mantlings, the Bermúdez, Castro, Lobera, Caamaño, Andrade, Villardefrancos and Varela families are displayed.



Pazo das Covadas

Pazo de Mosende

Located in the town of Santa Mariña de Lañas, and showing, as its most significant aspect, a beautiful stone-paved corridor leading to the exterior and sustained on high resistant cantilevers.

Ethnography

The Mill of Sisalde

Was refurbished in the year 2000. How it functions is demonstrated to school children and groups which request a visit. It is a typical gutter building which was formed by two leaning mills with separate entrance and different milling engineering. It is surrounded by native trees in the forest of Sisalde, at Barrañán.

More than one hundred mills have been registered at the Galicia's Toponymy Project, many of them have already disappeared. The only one in regular function is the Mill of Margarida in Santaia de Chamín.

Hórreos (Typical Galician raised granary)

There is a seven ft., twelve mtrs., long Hórreo in the Loureda valley. The town of Morás has two hórreos with sundials, one at the small village of Souto, another one in Morás do Medio.

Cruceiros (Monumental crucifix)

Cruceiros (Monumental crucifix). Almost all towns have cruceiros. The more interesting ones are located at Pastoriza. In the church's altar there is one in front of the facade made by Blas Pereira, from the school of Santiago. It has a column without pedestal which holds a flat cross with decorated ends. The other is located behind the apse, an artwork by Domingo Perez de Noicela, it is sculpted in a traditional way. The cross is flat and has images of Christ and a Pieta. There is a third cruceiro at the Mount of Cruceiro, where "The Virgin's cot" is located.



Cruceiro (Pastoriza)



Hórreo of Arteixo



Mill of Sisalde



Racing at Historical Fair Arteixo 1900



Presentation of Project
Toponymy of Galicia



Historical fair "Arteixo 1900"

4. Local festivities and celebrations

Socio-cultural events

- > Short story contest Manuel Murguía
- > Exhibitions
- > Literary contest Dora Vázquez
- > Musical shows
- > Theatre plays
- > Dances
- > Concerts
- > Outdoor cinema in the summer
- > Video shows
- > Musical Band Meetings
- > Summer camps
- > Day trips
- > Arteixo 1900



Youth Association Xiradela



Music Band

Festivities

All throughout the year the towns of the Municipality of Arteixo enjoy festivities and enjoyment. Its festivals with traditional costumes fill the streets and local squares. Going from “the Historical Arteixo 1900 Fair” to the meetings with local, regional, national or international artists, the festivities blend modernity with the traditional.



“Arteixo 1900”



Festivity of Apóstolo



Sport



Sardiñada



Conservatory Music

Parish	Festivity	Date
Armentón	San Pedro (Patronal festivity)	June 29th
	Os Remedios (romaría)	First Saturday in August
Arteixo	As Flores (Fair/Gastronomic festivity)	Last weekend in May
	Romaría da Pedra do Aguillón (O Rañal)	June
	Santiago Apóstolo (Patronal festivity)	July 25th
	Santa Eufemia	September 16th
	Santa Lucía	December 13th
Barrañán	San Xián (Patron Saint)	January 7th
	O Sacramento	2nd Sunday in July
Chamín	San Brais	February
	San Xoán	June 24th
	Santaia (patroa)	December 10th
Lañas	Santo Amaro dos Velloos	January
	Santo Amaro dos Mozos	April
	Santa Mariña (Patron Saint)	July 18th
	A Milagrosa	November
Larín	Santo Estevo (Patron Saint)	December 26th
	San Roque	August 24th
Loureda	Santo Antón	June 13th
	A Virxe do Carme	July 16th
	Nosa Señora (Patron Saint)	August 15th
	O Corpus	June
Monteagudo	San Tomé (Patron Saint)	December 21st
	Santa Lucía	December 13th
Morás	Santo Estevo (Patron Saint)	December
	S. Xoán	June 24th
	S. Paio	1st Sunday in July
	Espirito Santo	14th week after Carnival
	San Roque	Last weekend in August
Oseiro	San Tirso (Patron Saint)	January 28th
	A Candeloria	February 2nd
	San Brais	February
	A Virxe da Luz	2nd weekend in July
Pastoriza	San Xosé Obreiro en Meicende,	May 1st
	Borrea e Nostián	
	Nosa Señora en Pastoriza, Meicende,	
	Borrea e Nostián	August 15th
	Romaría Galega	August
	San Miguel (romaría)	September and October

Parish	Festivity	Date
Sorrizo	San Pedro (Patron Saint)	June 29th
	A Virxe do Carme	July 16th
	San Mamede (romaría)	August 7th
	A Virxe da Fátima	October 13th
Suevos	San Martiño (Patron Saint)	November 11th
	Summer festivities	1st Sunday in August
	San Gregorio	March



Cock's Fair, Arteixo



Arteixo Municipal Fair

Fairs and markets

- > Municipal fair (every Saturday morning)
- > Historial Fair "Arteixo 1900" (October)
- > Monographic fairs:
 - Flower Fair (May)
 - Cock's Fair (Christmas)

Other festivities

- > Popular romería in Oseiro, with a folk festival and tasting of Pulpo a feira (Traditional Galician octopuss) in the summer
- > Day of Muiñeira in Arteixo (in the summer)
- > Folk meetings in Uxes (in the summer)
- > Carnival (mainly in Arteixo)
- > Epiphany parade
- > Christmas
- > Supportive Arteixo (in the summer)
- > Dinner for the Elderly in Christmas



Magosto

5. Gastronomy

As in the rest of Galicia, the “Lacón con grelos” (pork with turnip tops) is very typical from early November until “Carnival Tuesday”. Another typical winter dish is “cocido gallego”: chourizo, potatoes, chickpeas, turnip tops, ham, veal and chicken meat all cooked together, “family-style”, on a low flame.

The different types of empanada (filled round flat bread) prepared by our artisans enjoy significant popularity outside the area. There are all sorts of empanadas: cod, tuna, meat, variegated scallop, etc.

As for fish and seafood there is a great variety, the most delicious coming from the nearby coast: sole, grouper, hake, turbot, sea bass, wrasse, cunner, conger, sardine, scad... On the coastline of Sorrizo there are fine rays, wrasses, cunners, octopuss, and congers, as well as at O Llo in Rañobre, where there are wrasses and “rebiogas”. They are eaten straight from the grill, boiled, or marinated by cuisine specialists.

Arteixo has a wide range of delicious seafood for your pleasure, we can find barnacles in the O Rañal area (Os Casteletes and As Aguieiras de Dentro), in the cove of Lourido at Sorrizo (A Punta da Torre, Folguevoiro), in the coast of Suevos (O Regueiro, A Gaianda, A Punta do Salto, As Atalaías, Os Curros, O Armón, A Punta Langosteira, A Paríñeira).



Barnacles from the coast of Arteixo

There are crabs in Barrañán (A Pedra de Guimarán), in O Carreiro, O Pozote and Porto dos Cabalos.

Finally, we have delicious pastries and desserts and extraordinary wines, as in the rest of Galicia: Albariño, Ribeiro, Valdeorras, Monterrei or Rías Baixas, among others. Of course we must remember the typical, exquisite, comforting and digestive queimada (typical Galician alcohol usually served during a small ritual with poetry and chants).

Arteixo has hotels, hostels, restaurants, grill bars and cafeterias where the most exquisite seafood, meat and fish are always on the menu, and where the peace and quietness of the area can be enjoyed, and you can relax in such places as its warm water spa. You must not leave Arteixo before you taste the Pulpo á Feira (octopuss), in the romaría of O Seixedo, a delicacy served cooked, boiled, marinated with pepper, salt and raw cooking oil, or before you taste the Gastronomic Callos (typical veal tripe) Festival in the month of May; it is a perfect way of sampling the delicious delicacies of this area.



City Hall

6. Equipment

Social-cultural and recreational

- > City Hall "A Baiuca"
Alcalde Ramón Dopico, 1.
Tel. 981 600 009. Fax 981 602 417. www.arteixo.org
- > Cultural Civic Center
Located in Arteixo Riverwalk. Tel. 981 641 803
- > Froxel Civic Center
Vilarrodís (Oseiro) –Casa de Murguía. Tel. 981 601 574
- > Social Services center
Rúa Ría de Noia, 2. Arteixo. Tel. 981 640 836
- > Uxes Social Center
Uxes-Morás.
- > San Roque Social Center (Larín)
San Roque-Larín
- > Elderly Center
"A Baiuca" Arteixo. Tel. 981 602 785
- > Main Library
Cultural Civic Center in Arteixo. Tel. 981 641 879



Arteixo Cultural Civic center



Auditorium at Arteixo Cultural Civic Center



Baiuca Social Center

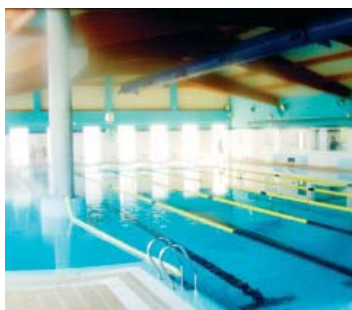


Main Library

- > Reading agencies
Oseiro in Praza Manuel Murguía. Tel. 981 601 945
Meicende within CEIP "San Xosé Obreiro". Tel. 981 274 027
Froxel Center. Tel: 981 601 574.
- > Peace Court
Trav. de Arteixo, 249. Arteixo. Tel. 981 600 002
- > Multiple Services building
Trav. de Arteixo, 249. Arteixo. Tel. 981 602 413
- > Municipal Radio
Multiple Services building. Tel. 981 640 293
- > Local Police
Town Hall . Tel. 981 600 060
- > Civil Relief Unit
Avda. da Ponte, parcela 24. Sabón. Tel. 981 641 414
- > Civil Guard
Avda. de Fisterra. Tel. 981 633 002

Sports

- > **Municipal Swimming pool**
Avda. of Arsenio Iglesias (Sabón). Tel. 981 60 03 79
- > **Multisports Halls**
Arteixo, in Avda. of Arsenio Iglesias (Sabón). Tel. 981 640 451
Galán in Oseiro. Tel. 981 641 494
Meicende, in colexio "San Xosé Obreiro". Tel. 981 270 072
Ponte dos Brozos, next to the school. Tel. 981 600 249.



Municipal swimming pool



Multisports hall

Municipal football fields

- > "Ponte dos Brozos" in Arteixo (a grass pitch and a soil pitch),
Avda. de Arsenio Iglesias.
- > "Uxes" in Freán (Morás).
- > "Oseiro" (one grass, one soil pitch) at Rua das Viñas de Abaixo.



Arteixo Sports area

Cycling paths

- > Arteixo Riverwalk
- > Promenade Arteixo- Barrañán



Cycle path in the Riverwalk



Promenade Arteixo- Barrañán

Private Horseriding centers

- > Casas Novas in Larín. Tel. 981 606 499
- > Os Porches in Santa Icí, Morás. Tel. 981 645 152
- > Moras Horseriding Center. Tel. 981 645 275

Golf (Private clubs)

- > Hercules Golf Club in Larin. Tel. 981 642 545
- > A Zapateira Golf Club in Moras Tel. 981 285 200



Hercules Golf Club

Autocross

-> Motor-racing Peña Autocross Arteixo. R. Castros. 7. Tel. 981 600 397



Autocross

Water sports

-> Surf

An all year round sport enjoyed by surf lovers, the municipality organizes competitions in July with the best surfers. The best surfing locations are on the beaches of Sabón, Area Grande, As Combouzas, Barrañán and O Reiro.

-> Fishing (underwater / angling / boat)

Practised specially on the cove of Lourido (Sorrizo) between Punta Langosteira (Suevos), Sabón (Oseiro) and between Rañal and Barrañán.

-> Swimming

Other than the municipal swimming pool, you may swim without any risk in Porto de Sorrizo and Porto da Bendicion (also at Sorrizo).



Port of Sorrizo

Rural Tourism

Rural Cottage "A Solaina" in Larín. Tel. 981 642 544 / 655 064 852

Horseriding routes

"Os Laranxos" in Loureda. Tel. 608 387 043



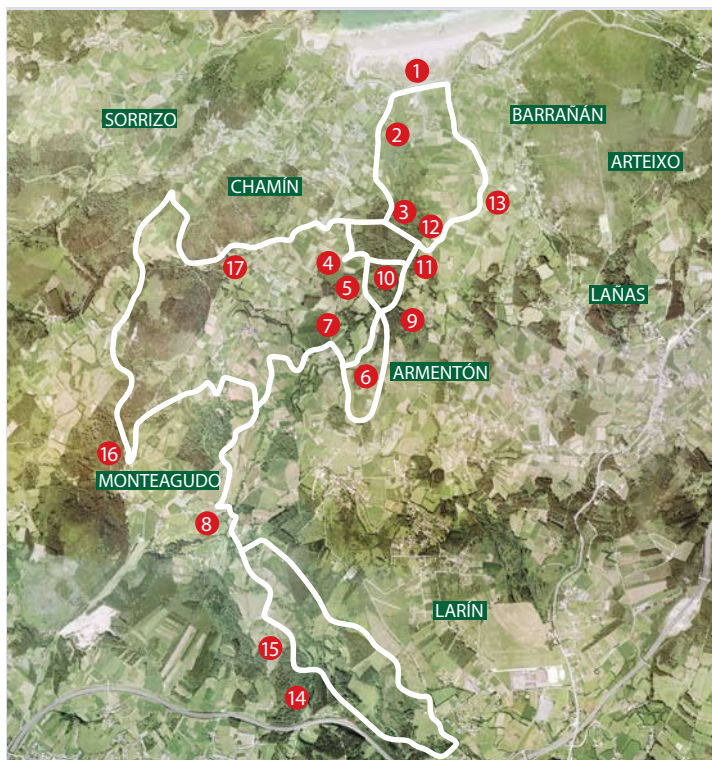
Horseriding center "Casas Novas" (Larín)

Campings

Valcovo (Arteixo). Tel. 981 601 040

Trekking

A trekking route has been designed through the parishes of Chamin, Barrañán, Monteagudo, Armentón and Larín along the Groba. It starts in the promenade of Barrañán, going through the area of Os Boedos, along the river Sisalde, through the Mount of Cartas and towards A Margarida, A Braña, O Piñeiro, Os Barreiros and A Groba (Larín).



Route's map

- | | |
|---------------------------------|-------------------------------------|
| 1. Barrañán beach | 10. Bridge of Castro |
| 2. Os Boediños (brañas) | 11. Mill of Zapata |
| 3. Mount of Cartas | 12. Forest of Sisalde |
| 4. Rest area of Margarida | 13. Church of Barrañán |
| 5. Bridge of A Xesteira | 14. Mills of Ibia |
| 6. Way of Area | 15. Church of S. Tome de Monteagudo |
| 7. Mill of Margarida | 16. Rest area of Santaia de Arriba |
| 8. Recreation area of Barreiros | |
| 9. Castro of Armenton | |

The route is eighteen kilometers long (round trip) but it is possible to complete shorter, alternative routes.

All of the social activities offered are especially designed for tourists and people of all ages so they can enjoy all of the pastimes and leisure moments while staying in Arteixo.

Outdoors trails in

Sorrizo, Chamin, Barrañán, Monteagudo, Larín, Armentón, Lañas, Loureda, Morás, Arteixo, Suevos, Pastoriza and Oseiro.

Paragliding

In the Barrañán area, paragliding is very common and another perfect way to enjoy the landscape.

Health

Primary attention Health Care Center:

- > Arteixo . Trav. de Arteixo. Tel. 981 640 364
- > Meicende . Tel. 981 251 633

Pharmacies:

- > Teodomiro Santos Blanco in Arteixo
Avda. do Balneario, 49. Tel. 981 600 215
- > Ana Torres (river) in Arteixo
Avda. do Balneario, 22. Tel. 981 641 392
- > M^a. Ángeles Regueiro Vázquez in Arteixo
Rúa Río Miño, 1-3. Tel. 981 600 615
- > Alicia Rey Formoso in Arteixo
Trav. de Arteixo (at Ponte do Vá). Tel. 981 600 801
- > Juana Ángeles Lorenzo Tomé in Pastoriza
Trav. de Pastoriza, 62. Tel. 981 607 355
- > M^a. Teresa Tato Fouz in Vilarrodís
Avda. Platas Varela, 83. Tel. 601 107
- > M^a. Jesús Isla Vázquez
Trav. de Meicende, 113 (baixo). Tel. 981 272 311



Roundabout of Seixedo



7. Communications

Galicia's three international airports are linked by an excellent motorway so the travellers may arrive to their destination point without delays.

Besides, the highway Arteixo-Lugo-Madrid and the motorway A Coruña-Carballo, going through this Municipality, there is a large network of secondary roads, which have been greatly improved, benefiting the trips throughout this municipality.

Bus Services, Lines And Stops

Company: ANTONIO VÁZQUEZ,S.A.
Tel. 981 254 145/981 254 050 · info@autocaresvazquez.net

- Line: A Coruña - Boedo - A Coruña

Stops: Meicende, Pastoriza, Suevos, Sol e Mar, O Seixedo, Arteixo (Casa do Concello), Loureda, Boedo.

- Line: A Coruña - Carballo por Caión - A Coruña

Stops: Vilarrodís, O Seixedo (Oseiro), Arteixo, Barrañán, Chamín, Sorrizo, Caión, Noicela, Lema, Razo, Carballo.

- Line: A Coruña - Fisterra - A Coruña

Stops: Vilarrodís, O Seixedo, Arteixo, Lañas, O Anide, Paiosaco, A Laracha, Carballo, Coristanco, Augalada, Baio, Vimianzo, Dumbria, Cee, Corcubión, Fisterra.

- Line: A Coruña - Monteagudo - A Coruña

Stops: Vilarrodís, O Seixedo, Arteixo, Lañas, O Anide, Monteagudo.



8.

Accommodation & Dining

Hotels, hostels, guesthouses and boardinghouses

- > Arteixo Spa Resort Hostel
Estrada dos Baños. Arteixo. Tel.: 981 600 014
- > Guesthouse El Paraíso
Avda. de Fisterra, 47. Arteixo. Tel. 981 600 086
- > Hostel Arteixo
Avda. de Fisterra. Arteixo. Tel. 981 600 185
- > Hotel-Residence Pastoriza
Estrada A Coruña-Carballo, Km 4. el. 981 100 250
- > Hotel Europa
Avda. de Fisterra, 31. Arteixo. Tel. 640 444
- > Hostel As Camelias
Avda. Platas Varela, 64. Oseiro. Tel. 981 640 325
- > Guesthouse Loli
Trav. de Meicende, 86. Pastoriza. Tel.: 981 259 921
- > Guesthouse Xacobeo
Rúa Urbano Lugrís, 3. Vilarrodís-Oseiro. Tel. 981 640 843
- > Guesthouse Candil
Rúa Urbano Lugrís, 9. Vilarrodís-Oseiro. Tel. 981 600 387

- > Hotel La Florida
Avda. de Fisterra, A Groufa, 17. Arteixo. Tel. 981 633 084
- > Boardinghouse-residence Brisa
Avda. Platas Varela, 60. Vilarrodís-Oseiro. Tel. 981 640 090
- > Boardinghouse-residence Washington
Trav. de Pastoriza, 123. Pastoriza. Tel. 981 607 033
- > Hotel-residence As Viñas
Rúa Eugenio Carre, 6. Arteixo. Tel. 981 600 493
- > Hostel A Solaina
A Rúa, 9. Larín. Tel. 981 642 544
- > Hostel Galicia. Oseiro.
Tel. 981 600 169

Restaurants

- > Ecuador.
Avda. Platas Varela, 25. (Oseiro). Tel. 981 60 29 35
- > La Florida.
Avda. de Fisterra, 17 (Arteixo). Tel. 981 60 09 26
- > Anduriña.
A Ponte do Va (Loureda). Tel. 981 60 03 10
- > El Gallo de Oro.
Avda. de Fisterra, 8. Tel. 981 60 04 10
- > Gardel.
Avda. de Fisterra, 39 (Arteixo). Tel. 981 60 07 24
- > G.B.
Meicende 202 (Pastoriza). Tel. 981 26 73 23
- > A Groufa.
A Groufa, 22 (Arteixo). Tel. 981 60 07 23
- > Costa e Mar.
A Costa, 31 (Barrañán). Tel. 981 64 67 62

- > Juma.
Trav. de Meicende, 90 (Pastoriza). Tel. 981 27 21 16
- > Casa Lola.
O Seixedo (Oseiro). Tel. 981 64 04 04
- > Mesón Pastoriza.
Santuario de Pastoriza. Tel. 981 60 70 27
- > O Pote. Avda.
Platas Varela (Villarrodís-Oseiro). Tel. 981 60 03 11
- > O Quinto.
A Sartaña (Chamín). Tel. 981 64 68 77
- > Grellada Fuentes.
Meicende, 186. (Pastoriza). Tel. 981 27 91 79
- > El Rancho.
Rúa Amenedo Casavella (Arteixo). Tel. 981 60 09 30
- > O Repolo.
Meicende, 17 (Pastoriza). Tel. 981 27 32 88
- > Los Robles.
Trav. de Arteixo (Arteixo). Tel. 60 20 03
- > As Viñas.
As Viñas (Arteixo). Tel. 981 60 04 93
- > Cabanas.
O Anide, 11 (Larín). Tel. 981 60 25 03
- > Valcovo.
Estrada de Caión (Arteixo). 981 60 10 40
- > Candame.
Avda. de Fisterra, 251. Tel. 981 64 10 98
- > O Candil.
Avda. Platas Varela (Villarrodís-Oseiro). Tel. 981 60 11 52
- > Pastoriza.
Avda. da Coruña. Km 4 (Pastoriza). Tel. 981 10 02 50
- > As Camelias.
Avda. Platas Varela, 64 (Villarrodís-Oseiro). Tel. 981 600 421

- > O Candil II.
Avda. Platas Varela, 81 (Villarrodís-Oseiro). Tel. 981 602 659
- > Villariza.
Rúa Ramón y Cajal, 4 (Pastoriza). Tel. 981 644 064
- > Xacobeo.
Avda. Platas Varela, 81 (Villarrodís-Oseiro). Tel. 981 64 08 43
- > La Ronda.
Avda. de Fisterra. Avda. de Fisterra (Arteixo). Tel. 981 64 05 89
- > Arteixo.
Avda. de Fisterra, 87 (Arteixo). Tel. 981 60 01 85
- > Mesón As Viandas.
Trav. de Pastoriza, 147 (Pastoriza). Tel. 981 60 75 06
- > Mesón Galicia.
Santa Icí (Moras). Tel. 981 645 318
- > A&D (pizzería).
Rúa José Mosquera, 1 (Arteixo). Tel. 981 363 434
- > Alacena.
Avda. Platas Varela, 16. Tel. 981 60 15 12
- > Jesús Subiela Cancela y otros, C.B.
Avda. Platas Varela, 156. Tel. 981 64 01 47
- > O Alambique.
Trav. de Arteixo, 7-9 (Arteixo). Tel. 981 64 05 73
- > El Paraíso.
Avda. de Fisterra, 47 (A Groufa-Arteixo). Tel. 981 60 00 86
- > Mesón Suso.
Oseiro. Tel. 981 64 01 79
- > Os Vagonetas.
Estación de Uxes. Tel.: 981 64 51 15

Cafeterias and bars

There is a great amount of these establishments throughout all of Arteixo where the service is of a high quality standard.



Sunset in the promenade of Arteixo-Barrañán

9.

Other useful contacts

Health

Medical emergencies	061
Juan Canalejo, Children Hospital Teresa Herrera, Specialty Hospital Center Ventorrillo, Hospital Oza and Abente y Lago	981 178 000

Emergencies

National Police	981 166 300
Firemen	981 184 380
Bush fires	085 / 981 184 600
SOS emergency	112/ 900 444 222
Civil Guard Police (La Coruña)	981 167 800
Traffic Civil Guard	981 173 744
Regional Police	981 153 410
Beach Life Guards	981 209 541/548
Red Cross	981 222 222

Arteixo Spa resort	981 600 014
--------------------	-------------

Transportation

Bus station of Coruña	981 184 335
Antonio Vázquez, S.A./ A Coruña	981 254 145
Station of RENFE (tickets)	981 981 050
Alvedro airport (A Coruña)	902 240 202
Lavacolla airport (Santiago de Compostela)	981 187 200
Peinador airport (Vigo)	981 547 501
	986 268 200

Taxi Stands

Arteixo	981 600 536
Vilarrodís	981 600 535
Sol e Mar	981 601 864
Pastoriza	981 644 007
Meicende	981 269 983
Radio Taxi	981 154 499

10.

Distances from Arteixo municipality to other Galician locations

Place	km.	Place	km.
Ames	88,5	A Garda	212
Ares	71	Lavacolla	72
Arzúa	101	Laracha, A	11
Baiona	181	Laxe	56
Barco de Valdeorras, O	232	Malpica	41
Baroña	127	Manzaneda	247
Betanzos	34	Miño	36
Boiro	119	Muxía	79
Buño	32	Muros	122
Cabana	56	Pontedeume	46
Caión	11	Ribadavia	198
Camariñas	74	Ribadeo	168
Camelle	72	Ribeira	60,9
Carballiño, O	167	Sada	31
Cariño	126	San Andrés de Teixido	116
Carnota	103	Santiago de Compostela	74
Cedeira	106	Sanxenxo	146
Cee	82	Toxa, A	148
Corcubión	84	Vigo	166
Corme	52	Vilagarcía de Arousa	121
Corrubedo	158	Vilalba	94
Ferrol	65	Vimianzo	57
Fisterra	101	Viveiro	142
Ézaro	89	Zas	



11.

Distances from Arteixo municipality to different province capital cities

City	km.	City	km.
Albacete	859	Lugo	106
Alacante	1.025	Madrid	613
Almería	1.143	Málaga	1.165
Ávila	538	Murcia	1.000
Barcelona	1.112	Ourense	189
Badaxoz	785	Oviedo	336
Bilbao	642	Palencia	462
Burgos	549	Pamplona	755
Cáceres	686	Pontevedra	128
Cádiz	1.100	Salamanca	477
Castellón	1.027	San Sebastián	762
Cidade real	813	Santander	546
Córdoba	999	Segovia	564
Cuenca	778	Sevilla	951
Xirona	1.224	Soria	665
Granada	1.045	Tarragona	1.058
Guadalaxara	669	Teruel	888
Huelva	1.014	Toledo	683
Huesca	891	Valencia	963
Xaén	948	Valladolid	458
León	338	Vitoria	663
LLeida	965	Zamora	417
Logroño	663	Zaragoza	821



Arteixo is always waiting for new tourists so as to show their traditional hospitality, enjoy their well deserved rest, and introduce them to the breathtaking places and charm of this municipality.



MUNICIPALITY OF ARTEIXO
TOURISM COUNCIL

www.arteixo.org

TOURISM GUIDE