

costa da morte land experiences

bicycle, horseback and motor routes

The rugged coastline of Costa da Morte, together with the lands washed by the river currents that flow into the Atlantic and the mountains that dominate the valleys, are an ideal destination to discover its charms by bicycle, on horseback or by motor vehicle.

If you like adventure, here is a great area to explore!

This experience offers you different trails to hike on your own, through specialised companies or those organised by clubs and city councils. You will discover the coast and the inland landscape as well as natural spaces of great importance and outstanding cultural resources. Are you ready?

specialist companies

Centro Ecuestre Laurel
Estrada de Razo - Carballo
629 203 229 / 606 420 307
www.centroecuestrelaurel.es
Activities: horseback routes

Centro de Turismo Ecuestre e Multiaventura 'O Ventoso'
San Paio 1, Erboedo - 15145 A Laracha
637 421 398
www.turismoecuestreoventoso.com
info@turismoecuestreoventoso.com
Activities: horseback routes

Karting Montecalo
Estrada de Camariñas, s/n - 15129 Vimianzo
649 995 360
circuitokartingmontecalo@gmail.com
Activities: karting

NaturMaZ
Aeródromo da Fervenza, 15625 Mazaricos
610 550 524
www.naturmaz.com
info@naturmaz.com
Activities: mountain bike routes

cover and back cover images
by Turismo Camariñas



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EXPERIENCES OF ACTIVE AND SPORTS TOURISM IN COSTA DA MORTE



bicycle routes

Cycling is a sports activity that allows you to discover natural landscapes outdoors while pedalling. Physical exercise and pleasure walks are mixed in this experience on wheels that you can practice on both mountain and road bikes.

some mountain bike routes

Costa da Morte offers two great routes that will allow you to discover both the coastline and the inland: the Camino de Santiago and the Camino dos Faros (The Way of the Lighthouses).

The **Camino de Santiago**, which starts at the Obradoiro Square in Compostela, takes you to Muxía and Fisterra passing through the lands of Mazaricos, Dumbria, Cee and Corcubión. We recommend you to do it in two stages, starting from Compostela and having a rest in Olveiroa. So you will have the opportunity to fully enjoy the Camino and its charms!

The other major trail has a total of 220 kilometres that joins along the coast the Malpica de Bergantiños and Fisterra councils, featuring one of the highest points, the Monte Lourelo Castle in Laxe. It is known as **O Camiño dos Faros** (The Way of the Lighthouses), which, despite being devised as a hiking route, has an alternative mountain bike route that can be cycled almost fully (98%).

As well as these two trails, Costa da Morte offers a wide choice of routes specifically created for this purpose while others take advantage of the hiking circuits already created.

You can find trails between 30 and 40 kilometres long in the council of Bergantiños, where the **Mountain Bike Route of A Laracha** invites you to discover the council through a circular route. Another proposal is the **Ruta da Costa in Carballo**, which begins and finishes there. And we should not forget the **Ruta dos pinos no mar**, which stretches 30 kilometres along the coast between Razo and Malpica de Bergantiños. These are routes through the mountains where you can breathe fresh air and listen to the sea.

Along Carballo, you can also enjoy the **Ruta das Férvedas** (PR-G 142). It is an itinerary that has been approved as a short distance footpath by the Galician Federation of Mountaineering, so you will come across other hikers on your way.



Image by Turismo de Carballo



Image by Concello de Dumbria



Image by Asociación O Camiño dos Faros

bicycle routes

In Ponteceso, the **Corme and Ribeira do Anllóns Ruta do Mar** (PR-G 148) travels along riverside and coastal roads between the house of Pondal (the Galician bard) and the port of Corme; in Laxe, the sea dominates the **pathway Laxe - Traba** (PR-G 114) that travels along part of Soesto; in Camariñas, the **Costa da Morte trail** (PR-G 158), the **Ruta Litoral** (coastal trail), the **Ruta da Insua** and the **Ruta dos Molinos at Ponte do Porto** (PR-G 190) show you different sea and river areas; and in Carnota, where the length of two of its granaries compete with the longest beach in Galicia, you can go through the **Green Pathway** that departs from Louredo and reaches O Ancoradoiro.

More information on mountain bike routes

www.caminodesantiago.gal
www.caminodosfaros.com/btt
www.turismocarballo.com
www.ponteceso.net
www.caminosdomar.com
www.turismocamarinas.net
www.turismocarnota.com

bicycle rides

The bicycle or mountain bike rides are sporting events organised by different organisations. In Costa da Morte, there are several mountain bike trails promoted by councils such as those of Carnota, Corcubión, Vimianzo, Mazaricos and Zas, among others. But, as well as these, we would like to highlight other alternatives which, if you are a bike lover, you already know for sure!

One of the oldest and most traditional of both Costa da Morte and A Coruña province is the **Costa da Morte Mountain Bike Ride**, which is organised since 2002 by the Ciclista Monteneme Club of Carballo.

The Laracha Club in Dúas Rodas organises the **Mountain Bike Ride since 2009 through the Anllóns river headwaters**; and in Camariñas, the Cultural, Sports and Recreational Association Virxe do Carme together with the PC Baikers do Vilán and the City Council organise the **Caramiña Mountain Bike Ride** since 2012.

Finally, a choice for mountain bikes and another one for road bicycles in the Dumbria council: the **Dumbria Mountain Bike Ride** and the **Gran Fondo do Ézaro**, a long distance cycling event whose finishing line is at the O Ézaro viewpoint.

More information on mountain bike rides
www.ccmonteneme.blogspot.com.es
www.larachaenduasrodas.com
www.ccdumbria.dumbria.es
www.granfondoezaro.com



Image by Concello de Dumbria



Image by Concello de Dumbria

horse riding

Horseback riding is one of the best ways of approaching the world of riding while also enjoying nature. If you have a horse, make sure you don't miss some of the places of this destination. Caión, gateway to the Costa da Morte; the Razo-Baldaio natural area; the valley of the Anllóns river; the reservoir of A Fervenza or the Camino de Santiago to name a few. If you don't have a horse, you will be able to ride in the company of qualified staff in different equestrian centres.

Another possibility is to explore hiking trails suitable for horses, such as the Laxe-Traba Pathway (PR-G 114), the Férvedas Route in Carballo (PR-G 142), the Corme and Ribeira do Anllóns Route in Ponteceso (PR-G 148), the Costa da Morte Route (PR-G 158), the Route of the mills of A Ponte do Porto (PR-G 190), the Coastline and A Insua in Camariñas, and the Green Route of Carnota.

Also, if you like the organised rides, several councils organise famous horse-riding routes such as the "Costa da Morte" in Vimianzo, Reira in Camariñas, A Romaxe de Coiro in Mazaricos as well as routes in Montemaioir in A Laracha and Cerqueda.



Image by Turismo Camariñas



Image by Centro O Ventoso

motor routes

If you are passionate about the world of motor sports, you can travel in 4x4 vehicles or quads and discover different paths and forest roads. These are ecotourism routes that allow you to enjoy quad bikes and off-roads in full contact with nature. Excursion designed to discovering Costa da Morte combining driving, beautiful landscapes and adventure. You will be able to show your skills at the wheel in which to show skill at the wheel when dodging puddles, mud, stones and slopes.

Would you like to participate in an organised trail? The club of A Laracha "Lume no Caño" organises the Quad Trail Ó Son da Lama.

If you prefer a closed circuit, then kart racing is another alternative; it is a motorcycling variant that is practiced in small race cars of small cylinder capacity without body, gearbox and suspension. It is another kind of four-wheel experience!



Image by Noemborques

More information on the trail on the Lume no Caño Facebook