

A LARACHA

ALONG THE EAST OF COSTA DA MORTE (Death Coast)
from the gulf Gosfo Ártabro to de valley of the River Anllóns



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a laracha

experience tour description

map

Departure Point

Caión (A Laracha)

Arrival Point

Montemaioir (A Laracha)

Duration

1 day

Approximate Distance

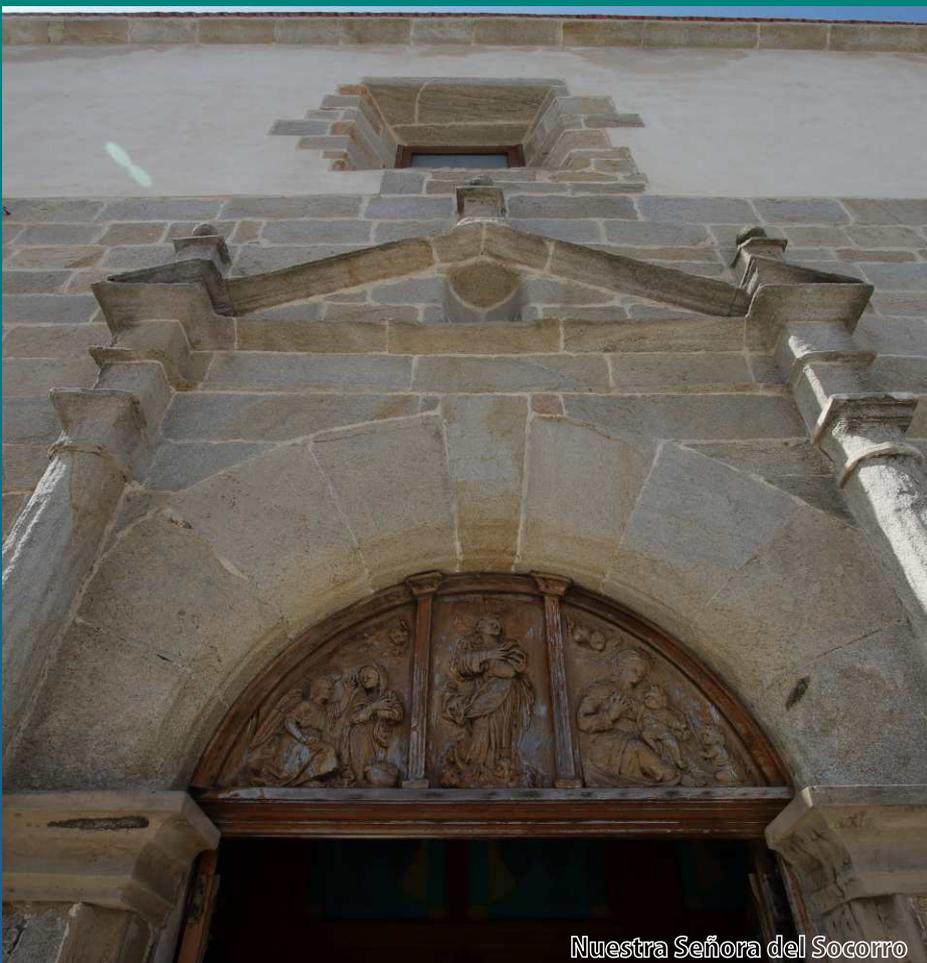
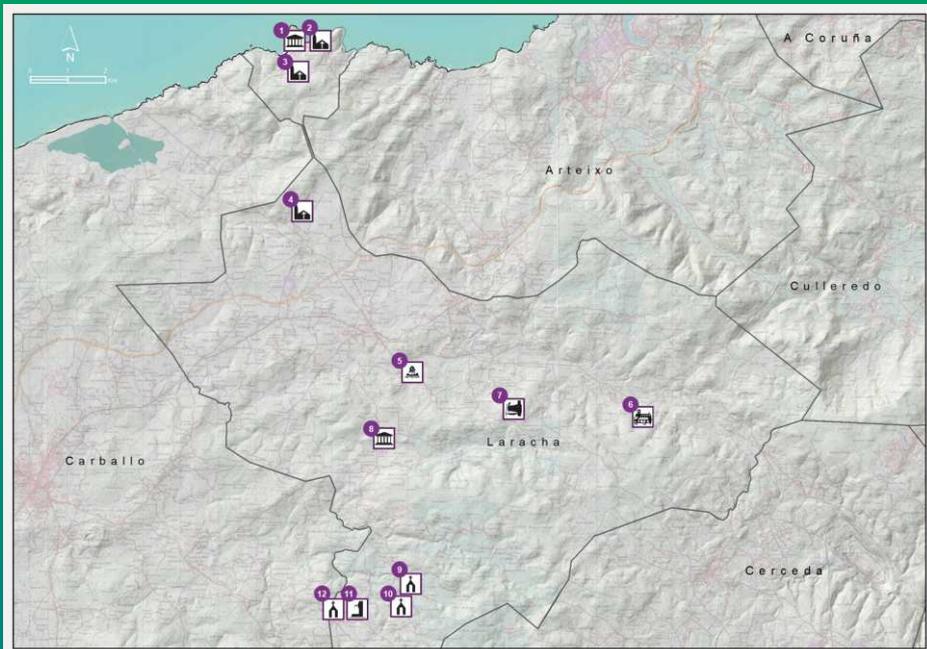
40 Km.



DAY 1

itinerary

- FISHING ARCHIVE ARQUIVO DA PESCA DE CAIÓN  1
• A Laracha
- NUESTRA SEÑORA DEL SOCORRO CHURCH  2
• A Laracha
- LOS MILAGROS DE CAIÓN SANCTUARY  3
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- SAN XIÁN DE LENDO CHURCH  4
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- SANTA MARGARITA CHAPEL  12
• A Laracha



Nuestra Señora del Socorro

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 In Caión, the first highlight can be found on the seafront promenade. This is the permanent exhibition of the fishing archive **Arquivo da Pesca**. In this place we can find out about the history and the fishing culture of this village, from the old whaling ships to encircling nets and small scale fishing, with the octopus and the barnacle as the main catches.

Information about opening hours and visits in www.arquivodapesca.org and 981 604 605

Next to this fishing museum, in Eduardo Vila Fano Square, we will visit the **Nuestra Señora del Socorro Church**, of Renaissance style. This church belonged to the convent Convento de San Agustín, founded in the 16th century. Part of the premises of this convent can be seen near the western wall, which are nowadays used as a social centre and tourist office. Inside you cannot miss the image of the Virgen de los Milagros because it has a lot to do with our next stop. Before leaving Caión, you can walk along its streets and visit the port, with a nice scenery of boats and ships anchored below A Atalaia hill.

Leaving the city centre behind us, we will go to **Los Milagros de Caión Sanctuary**, located on a privileged area in O Outeiro, from where we can enjoy beautiful views of this whaling village and of the Atlantic Ocean. The Sunday before the 8th of September, the sculpture of the Virgen de los Milagros is brought to this place from Nuestra Señora del Socorro church, where it is located the rest of the year. The image will stay there for a week until another religious parade brings it back to the church. For seven days the paths between Caión and O Outeiro are full of devoted people that go around the temple, even on their knees. Faithful who also purify themselves with the water of the fountain Fuente Santa, where they cure their ills. Therefore, if you happen to come on those dates, it is common to see a white large mantle made of the white cloths used to wet and purify people's skins.

From Caión we will go to the interior of A Laracha and the valley of the river Anllóns. During our walk and before leaving the coast we can see the natural area of Razo and Baldaio in the distance, which belongs to the council of Carballo. A landscape where the salt water of the sea is mixed with the waters of the marshlands and the lake.

 In this experience tour we will go all over the Eastern sector of the region of Bergantiños, through the council of A Laracha. Our walk starts in Caión, which is part of the gulf known as Golfo Ártabro and the entrance of Costa da Morte. Here we will walk by the old whaling village, which is the only access of the council to the sea. A cosy fishing village located on a small granite peninsula.

As we head for Lendo, we can see large cropping fields both sides of the road. Besides, pay attention to these hórreos (Galician raised granaries), which are characteristic of the region of Bergantiños because of their width and their window at the front.

In the 13th Century, the parish of Lendo had great significance and might have been a Templar place for monk-soldiers. Thus, we will see the traces left by knights Templar in Bergantiños in the **San Xián de Lendo Church**, in O Grixario, where they settled. A Romanesque temple with a Baroque facade where you could perhaps spot a shape that looks like an elephant in the corbels? Something very unusual in the Middle Ages. In addition, we must also highlight the ornamental motifs of the north door jambs.



Caión (A Laracha)



San Pedro de Soandres



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Arriving in the capital of the council, we go past Santa María de Torás Church. A Baroque church with modifications in the 19th Century that was used as the main church of the parish until the new construction of the new church in 1968. From here, we will go along the avenue Avenida de Caión, where we will come across several hundred-year-old plane trees.

Did you know that... those tiles with the name of the temple were compulsory due to a sovereign ordinance of 1858? They had to be white with letters in blue, in a uniform manner. Will we find more in our way?

Our next stop is in the **Riverside promenade of the river Anllóns**, between Gabenlle and O Formigueiro. You can walk about two and a half kilometres along a wooden walkway and enjoy the river, the nature of the riverbank and the ethnographic architecture, exemplified by its water mills. Besides, next to the car park there is a leisure area to rest or even eat.

Going on through the valley of the river Anllóns, we head for **San Pedro de Soandres Monastery**, an important Benedictine monastery founded in the 10th Century, whose church and rectory are preserved. At the beginning of the 16th century, it became a priory dependent of San Martin, the monastery in Santiago de Compostela. But its monastic way of life ended in 1835 when it lost its properties and became just a parish church. Outside we must highlight the Gothic remains of the apse and, inside, two stoned altars found in the apsidal chapels during restoration works, which are one of the few Gothic examples of medieval stone altars preserved in Galicia.



Viewpoint of Santa Marta

Besides, there is a stone sculpture of Santa Marta, patron saint of earaches. Every 29th of July the neighbourhood honours her in the pilgrimage Romería de Santa Marta by offering candles, alms and oil. The image comes from an old chapel located in a place with the same name, whose remains we will see next.

Our next stop is at an altitude of 437 metres, the viewpoint **Mirador de Santa Marta**, where we can go by car. At the highest point, you cannot miss the ruins of Santa Marta chapel, whose sculpture has been in the Monastery of Soandres since 1850. Although there is no archaeological evidence, legends and oral tradition connect this hill with a castreño site. Legend has it that there was a castro (Celtic fortified settlement) that had a beam made of copper, another one of gold and a third one of venom that could be found out thanks to a kick of a sheep! With these stories, enjoy the excellent views of the region of Bergantiños.



San Pedro de Soandres Monastery



Riverside Promenade of the River Anllóns



San Pedro de Soandres Monastery



Viewpoint of Santa Marta

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Riverside Promenade of the River Anllóns

The walk through the valley of the river Anllóns and its examples of architecture bring us closer to the rectory of Golmar. There we will visit the Interpretation Centre **Centro de Interpretación dos Muíños de Auga da Costa da Morte**. This is an open and functional place to learn about the history of water mills, which are plentiful in the council of A Laracha as in the rest of Costa da Morte.

Information about opening times and visits www.laracha.gal/turismo, www.facebook.com/visitamuseo, turismo@alaracha.gal and +34981605 001

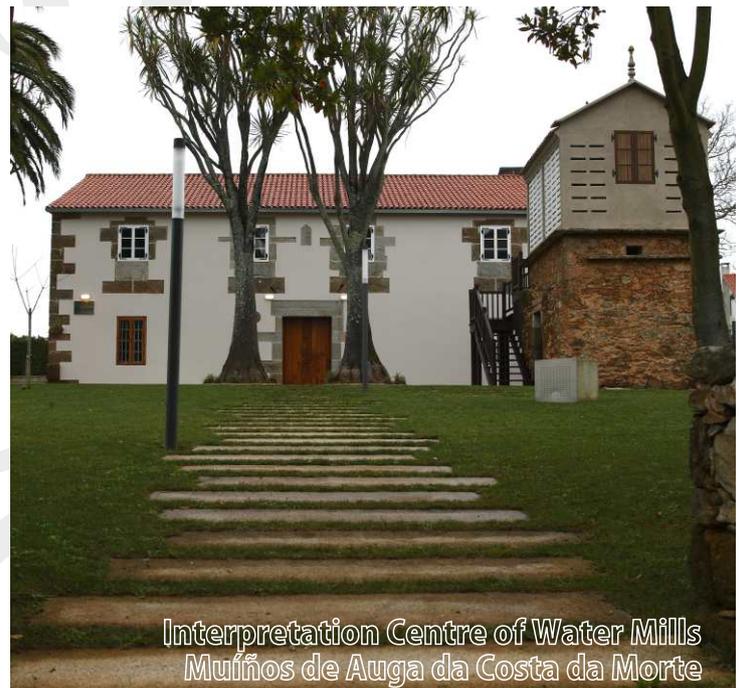
We restart the route towards the parish of Montemaior to see beautiful places with small hermitages related to tradition. The first one is **Nuestra Señora de Cumiáns Chapel**, located in a dark grove. Many years ago, children who had an illness went on a pilgrimage celebrated in this hermitage to “finish with their shadow”, that is, the ill they had inside. Therefore, they had to pass under the altar while “Tres Marías” –women of the area- recited a prayer. Then, they were washed in a nearby fountain and three days later they were supposed to get better.

Nearby, in an oak grove of great environmental value, we will find the **Chapel San Roque de A Pena**. With a rectangular floor plan, this small and rural hermitage stands out for its bell gable and its small portico. Like the previous chapel, it dates from 1607.

The culmination of this experience tour is **Santa Margarita Chapel**, of Neoclassical style. Before arriving at the oak grove where it is located, look at the fountain **Fuente de la Santa**, which is attributed to healing properties. This is a construction with barrel vault, as if it was another small chapel.

Every 20th of July, the traditional and crowded pilgrimage Santa Margarita is held here, one of the most important ones in the region. Next to the hermitage it is the former hospital for pilgrims that is nowadays a hostel for young people who do voluntary work. Both constructions date from the 18th Century, when it was already an important pilgrimage centre.

In this oak grove or “carballeira” of Santa Margarita we will finish our tour.



Interpretation Centre of Water Mills
Muíños de Auga da Costa da Morte

Santa Margarita Chapel





Cover Image

Los Milagros de Caión Sanctuary

Back Cover Image

Riverside Promenade of the River Anllóns